

THE
Family - Dictionary ;
OR,
Household Companion :

CONTAINING,
In an Alphabetical Method,

- I. Directions for COOKERY, in Dressing Flesh, Fowl, Fish, Herbs, Roots, &c. Seasoning, making Sauces, Bills of Fare, Art of Carving, &c.
- II. Making all sorts of Pastry Ware, and Things made of Meal, Flower, whether bak'd, boyled, or fried, &c.
- III. Making of Conserves, Candies, Preserves, Confects, Lozenges, Gellies, Creams, Pickles, &c.
- IV. The Making all kinds of Potable Liquors, as Ales, Meads, Metheglin, English Wines of Cherries, Currants, Gooseberries, Raspberries, &c. Cyder, Cyder-Royal, Usquebaugh, Cordial Waters.
- V. The Making of all sorts of Rare Perfumes, Sweet Balls, Pouders, admirable Washes, Beautifying Waters, Oils, Essences, Pomatums.
- VI. The Virtues and Uses of the most usual Herbs and Plants, their Roots, Barks, Leaves, Flowers, Fruits, Seeds, used in Physick.
- VII. The Preparations of several Choice Medicines, Physical, and Chirurgical, as Cordial Waters, Spirits, Tinctures, Elixirs, Essences, Syrups, Pouders, Elestuaries, Pills, Oils, Ointments, Cerecloths, and Emplasters. Fitted for a *Family Use*, in Curing most Diseases incident to Men, Women, and Children.

The Second Edition, Corrected, and much Enlarged.

By WILLIAM SALMON, Professor of Physick.

London, Printed for W. Rhodes, at the Star, the Corner of
Bride-lane, in Fleet-street, 1696.

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T H E
P R E F A C E .

TH E following Work is accommodated to the use of Ladies, Gentlemen, and such other Persons, whose Station requires their taking care of the House. It is fitted in a Two-fold respect, As it relates to, 1. The Dressing of Food or Meats for conservation of the Strength of the Body. 2. The Preparation of Medicines, for the apt and speedy restoring of the Health being lost; in both which Cases, it may be called, and not unfitly, in regard it is in an Alphabetical Method, The Family-Dictionary; Or, Household Companion.

II. But because we here seem to inculcate that it is Addressed to Ladies and Gentlemen, we would not be understood that it is fit for none else : The Matters here treated of are very concise, yet plain, and possibly delivered in a Language not unpleasing to a Learn-

The PREFACE.

ed Ear; and may prove as useful to the more intelligent of Man-kind, as it can possibly be to those for whom it is more especially designed.

III. I shall say little to it, in the first respect, though I am satisfied it contains the best Receipts for Cookery that are Extant; and may serve the most delicate Palates, and Luxurious Minds, as a Treasury or Store-house, not only of Substantial and well made Dishes; but also of Picquant and Pleasant Sauces to stir up the Stomach, and provoke the Appetite.

IV. It contains also Directions for making Potable Liquors of several kinds, as Ale of various Sorts, Meads, Metheglins, after the best Prescripts: Syders, and Syder Royal, not inferior to the most Exalted Wines; Wines of all Sorts, made of English Fruits, Unquebaugh the true Receipt, with Variety of choice and excellent Cordial-Waters: For these things it is truly valuable; and if it were but for these things alone, is worth the keeping in an Industrious Man's House.

V. But the admirable Cooking of delicate and exquisite Dishes, furnishing delicious Sauces,

The PREFACE.

Sauces, and the making of the most rare Confects of all kinds, as Pastry, Sweet-Meats, Conserves, Jellies, Marmalades, Preserves, Quiddonies, &c. are not the only things here discoursed of, and with which the Ladies are treated; but here are Curious Directions for the making of all Sorts of Rare Perfumes, Admirable Washes, Beautifying Waters, Softening Oils, and Choice Pomatums, (with which this Book is not slenderly stored) for the taking away the External Blemishes of the Skin, as Breakings-out, Freckles, Lentils, Morpew, Pimples, Redness, Scabs, Itch, Scurf, Spots, Sun-burning, Tannings, Worms in the Face, and many other Deformities, of what nature soever, usually happening to humane kind.

VI. Now as to the other part, which relates to Physick and Medicine, we have this to say, That though it contains not a vast Variety, yet it has enough of every thing that is necessary, for any Gentleman's Family; it is not stufft with Impertinent, Impossible and Ridiculous Receipts; but furnished with the most Excellent and Profitable Medical Preparations

The PREFACE.

ons for the Cure of most Diseases and Distempers usually befalling the Bodies of Men, Women and Children, and may stand in good stead, and serve in an Exigency, even when Life lies at stake, or where an able and honest Physician is not near at Hand.

VII. As to the Choice of Medicines here treated of, they are Rare, and the best things of the kind, extracted out of heaps of Voluminous Authors; and they have a few other Faculties which go along with them, as being, 1. Few in number. 2. Cheap. 3. Common. 4. Easily prepared. 5. Effectual. 6. Safe. 7. Durable. 8. Small in Dose. These are the true Qualifications which a set of Medicines fitted purely for Family Use, ought to consist of; and any of which being wanting, must make them so much the less desirable.

VIII. For too many things would have confounded the Mind: Should they be Dear, they could not be accommodated to Vulgar Use: if scarce to be had, not eligible: if difficult in preparation, hazardous: if dangerous, not by Timorous Hands to be ventured on: if perishable,

The PREFACE.

rishable, not Valuable: and if of large Doses, fit only for Horses, not for Infants and Children, Squeamish Stomachs, and Persons of Quality.

IX. The Compositions and Preparations themselves, are delivered in few Words, not with Tautologies, and impertinent Digressions: The Expressions are Plain, the Language Easy, the Directions Obvious, and the Method Direct, for the Instruction of the Persons to whom it is intended, in the Performing and Compleating of all the things, herein contained, and which are indeed the most necessary and useful things, and the most desirable and profitable to humane Life.

X. Lastly, It is addressed to Ladies, Gentlemen, and Persons of Quality, to the Great, the Rich, the Noble, and the Generous Spirited, that they may do Good in their Generations, be helping and assisting to their Neighbours and Friends, and hold out a Hand of Relief and Comfort to the Poor, the Wretched and Miserable, whose Cries and Prayers will certainly call down the Bounties of Heaven upon you, and its Munificence perpetually to over-

The PREFACE.

overshadow you, extorting from their very Souls a Blessing before they die.

Blue-Ball, by the
Ditch-side, near
Holborn-Bridge,
the 24th. of June,
1696.

William Salmon.

The Virtues and Uses of the True Balsam de Chili, to be had at Dr. SALMON's House, at the Blew Ball by the Ditch side, near Holborn-bridge, London.

IT is the most precious of all natural Balsams, by reason of its Specifick Properties, excelling all others, even the most fragrant curing many inveterate, and supposed incurable Diseases. It eases all pains in any outward part, coming of Cold or Wind, also pains in the Stomach, Belly Reins and Bladder, proceeding from the Colick, Sand, Gravel, Stone, or any stoppage of Urine, for which purpose it is one of the best things in the World: It is good against Ulcers of the Breast, Lungs and Womb, inward bruises, spitting of Blood, shortness of Breath, Coughs, Colds, Asthma's, Wheasings, Hoarseness, and other Diseases of those parts. It cures aches, pains, lameness, weakness of the Limbs and Joints; heals all manner of green Wounds, Old Running Sores, Rotten Ulcers, Fistula's, Punctures, and all other affects of the Nerves and Tendons. It eases and cures the Gout, Sciatica and Cramp as also all pains and griping of the Stomach and Bowels, Fluxes and Bloody Fluxes, promotes Conception and causes speedy and easy Delivery to Women in Travel, taking away and preventing After-pains. It cures Trembling of the Limbs, and the Palsy, if not inveterate, and prevails against Apoplexies, Convulsions, Rolling-sickness, Lethargy, old Head-Aches, Megrims, Vertigo, and most cold and moist Diseases of the Head, Brain, Nerves and Womb, comforting and fortifying all the Senses both internal and external; so that there is scarcely such another Medicine upon Earth. Price Eighteen Pence an Ounce. The True Balsam is only to be had at the place above-named, and at H. Rhodes at the Star near Bride-Lane, Fleetstreet.

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AC H, or Swelling, to remove: Take Sheeps Suet, fine Oat-meal, and Black Soap, of each four Ounces, boil them in two quarts of Water till they come to the thickness of a Salve; then spread a Plaster, and laying it to the place grieved, it will remove the pain.

Aches: For Aches in any part of the Body, take this following Ointment thus made:

Take Sheeps-suet, Oil Olive, of each a pound, melt and mix them; to which add of Turpentine three ounces, Oil of Amber two ounces, Chymical Oils of Rosemary, Oranges and Lemons, of each an ounce; Oils of Lavender and Juniper-berries, of each half an ounce; mingle them well together for use. You cannot use them without success, not only for Aches, but for Lameness in the Limbs, Stitches, Gout, or Bruises.

Adders Tongue: This Herb is used successfully in Wounds new or old, either outwardly applied, or taken inwardly. Inwardly it is used as a Pulverary, being made with

drink, and so taken every day for some time: And Outwardly the Juice is made into a Plaster, by boiling it in Oil Olive and Sheeps Suet to a Consistency, and then adding thereto Turpentine and Gum Elemi, of each equal parts. There is also an Oil made of it in this manner, viz. Bruise a handful of the Leaves in a Stone Mortar, boil them in a pint of Olive Oil till they have suck'd up the Oil; then press them hard, and keep the Oil that comes from them for your use. It is used with success in Wounds and Ulcers.

Ethiops Minerals: Take pure Quicksilver, Flowers of Sulphur, of each a like quantity; mix them well by grinding in a Marble or Iron Mortar, till such time as no Particles of the Mercury appear, but it becomes a perfectly black and impalpable Powder: Being used for some time, it admirably sweetens the Blood, prevails against a Scabies or Scabbiness, helps in the Kings-Evil, and is good in a virulent Gonorrhoea: It is also given Children for the Worms, from ten grains to a scruple.

Agrimony Common, its Virtues: It cleanses the

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Blood,

Blood, removes Obstructions of the Liver, and is consequently good in the Dropsie and Jaundice, the Leaves of it being boiled in their ordinary Drink : it may likewise be used outwardly in Baths, to strengthen weak Limbs : Half a dram of the Powder of the Leaves in Conserve or Wine, restrains involuntary Pissing. It is an excellent Wound-herb, being boiled with other Wound-herbs in a Diet-drink ; and outwardly used in an Ointment or Plaster, by boiling a good quantity of the bruised Herb in Oil, and making it up with Wax and Sheeps-suet into an Ointment ; or by adding Turpentine and Gum Elemi, to make it into an Emplaster.

Agimony-Water : This strengthens and cleanses the Blood, and opens the Obstructions of the Liver ; for which reason it is very available in Dropsies, the Jaundice, and ill habits of the Body, if you infuse it in Ale or Beer, or your ordinary Drink ; eight handfuls in four gallons are sufficient : it is used also outwardly in Baths and Lotion. The best way of using this Herb is to take twelve handfuls of it, which is to be bruised, and then put into a bag with a stone in it, and so put up into four gallons of New Ale, of which the best is to drink every day, as ordinary Drink.

There is a Powder likewise

made of it, which is done by drying the Leaves, to prevent involuntary Urine ; half a dram of it in the Conserve of Roses being to be taken when going to bed, for three weeks successively.

Agues, to cure : First cleanse the Stomach well with a Vomit, as with a spoonful or two of Vinegar of Squills given in the morning in a glass of White-wine, which repeat ; or rather with Tartar Emetick, which you may give from 2 grains to 6 grains, according to age and strength : then purge the Bowels well with Pilule Cathartice, (which see in Our Pharmacopœia Chirurgica ;) after which, you may safely give the following Potion :

Take choice Cortex Peruanus 2 ounces, beat it into gross Powder, and put it into a quart and half a pint of pure Red-Port-wine, let it simmer close covered two hours over a gentle fire ; then make it boil about half a quarter of an hour, and strain out, and sweeten a little with double-refined Sugar : Divide it into 8 parts for 8 Doses ; the first to be given presently after the Hot Fit is off ; the next Dose at Night, when going to bed, if the Fit was in the Morning ; otherwise, the next Morning ; and so to be continued Morning and Evening, till all the Doses are taken. It will not fail of curing any Ague whatsoever : but if it be a stubborn Quartan-Ague, you must sometimes repeat

peat the whole quantity again.

Ague falling into any part of the Body : If the Ague takes its station in any particular place, and affect not the whole Body at once, to remove and expell it, Take Sheeps-Suet, Oil-Olive, of each half a pound ; Oil of Amber, Oil of Aniseeds, of each an ounce and an half, and mix them for an Ointment, and with it bathe the afflicted place, as hot as may be endured, before a fire ; and in so doing two or three times it will remove the cold Humour that occasions the Ague.

Ague, in a Woman's Breast : To remedy this, Take the former Ointment, and anoint it upon the Breast warm, rubbing it in for a quarter of an hour or more with your warm Hand, clapping over it a piece of white Cotton, and it will in a short time cure the Ague, and pain of the Part.

Ague to cure, a Powder : Take Antimony and Cinnabar one ounce, common Salt decrepitated two drams, pounder them together, and put them into a glass Cucurbit, and pour on them four ounces of the Oil of Sulphur ; let them digest for two days over a moderate Heat in a Bath of Ashes ; then by encreasing the Heat, evaporate the superfluous Moisture, and having well washed the Mass that remains, dry it, and reduce it to a Powder, and mix

it with four ounces of the Flowers of Sulphur, and set it over live coals in an earthen Platter, stir it continually with an iron Spatula, and when the Flowers are consumed, pour in Spirit of Wine three Fingers high ; and when it is consumed, take the remaining mass, powder it, and keep it for use.

This is a Powder extremely commended for the cure of all intermitting Agues, being taken half an hour before the Fit, from fifteen to twenty grains, in some Syrup or Cordial-water, and supping a little Broth about two hours after it ; and if the first and second Dose prevails not, a third may be taken ; for it works easily, and mostly by Sweat.

A Tincture of the Leaves and Bark with Spiritus Universalis, is a famous thing against Obstructions of Liver and Spleen, the Yellow-Jaundice, Hypochondriack Melancholy, and other Diseases proceeding from that Humour. Dose from 2 to 3 drams in any convenient Vehicle.

Alabastrum Unguentum, an Ointment so called : The making of which, you may see in Our London Dispensatory ; but now it is a thing out of use, there being many better Medicines than it for the same purpose, and therefore we forbear describing it.

Ale : It is made by infusing ground Mault in boiling Water, so long till the Water has extracted all the virtue of the Mault : This done, and the Wort only Blood-warm, it is wrought up with Yest, and so becomes Ale. The proportion of the Mault to the Water is according to the strength you design your Ale to be of. You may make a Saive or Cercloth of New Ale, by boiling it till it becomes thick. It is good for all manner of Aches, Pains, Strains, Swellings, and Weakness in any Part, chiefly in the Back and Limbs.

Ale, a Syrup of it : Take of New Ale a gallon, it being the Wort of the first running ; put it into an iron pot, over a clear gentle fire, keeping the pot open, and scumming it continually ; and when it is boild away to a pint, take it off, and put it into an earthen pot with a cover, and take a little thereof morning and evening on a knife point. This is excellent good for Pains in the Back, occasion'd by the Foulness or Heat of Urine in the Ureters, Kidneys, or the Stoppage of the Passage in the Reins, and also for the Whites in Women.

Ale Cock. See **Cock-Ale**.

Ale Scurvygrass. See **Scurvygrass-Ale**.

Aleberry : Boil Ale or Beer a quart, scum it well, put in slices of fine Manchet, and blades of large Mace ;

boil it again, and put in some Sugar, with a sprig or two of Rosemary ; strain it, and drink it hot. It is not only strengthening, but very good against Colds and Rheums.

Ale-Purging : To make this (according to the true Receipt left by the famous Dr. Butler) Take two ounces of Sarsaparilla, Senna and Polypody of the Oak, of each four ounces ; Anniseeds, and Caraway-seeds, of each half an ounce ; Licorish two ounces ; Agrimony and Maiden-hair, of each a small handful ; Scurvygrass ten handfuls : beat and bruise these together grossly, put them into a bag made of Canvas, and hang it in five or six gallons of Ale, and when it is three days old, drink it. This Liquor chiefly purges by gentle breathing Sweats and Urin, being excellent to expell Scorbutick Humours and Dropsies, &c.

There is another Receipt of this Ale, in Our Pharmacopœia Batæana, lib. 1. cap. 14 sect. 9. which you may see at leisure. This following is a general Purg- ing Ale. Take Senna, Mechoacan, of each 8 ounces ; Roots of Monks Rhubarb, of Sharp-pointed Dock, of each 7 ounces ; Anniseeds, Caraway-seeds, Licour-seeds, Coriander-seeds ; all bruised ; Horse-radish-roots scraped, Rhubarb sliced, of each 3 ounces ; Bardock roots bruised, blew Currants, Garden Scurvygrass, of each a pound ; 6 Oranges sliced : put

put all into a bag with a stone in it, and put it into 5 or 6 gallons of New Ale, whilst it is working in its proper Vessel ; on the third day you may drink it, a pint for a Morning's draught, for fourteen or twenty days, more or less.

Alexanders, its Virtues : It is by some call'd Horse-Parley, or Wild-Parley. It warmeth the Stomach, and opens Stoppages of the Liver and Spleen : it moves the Courses, and expells the After-birth : it breaks Wind, and provokes Urin : helperth the Strangury, if the Leaves be boiled in Wine, and drank two ounces at a time, pretty hot : The Seeds have the same virtue, admirably provoke Urine, drank in White-wine, in Powder, and are effectual against the Biting of Serpents.

Almond-Biskiet : To make this, Take the Whites of four new-lay'd Eggs, and two Yolks, beat these well for the space of an hour, having in readines a quarter of a pound of the best Almonds blanch'd in cold Water ; beat them very fine with Rose-water, lest they come to an Oil: then beat a pound of fine Loaf-sugar in the Eggs a while, and so put in the Almonds, with five or six spoonfuls of the finest Flower, or rather as much Crumbs of White-bread : make them into proper shapes, and bake them in a

moderately heated Oven, on Paper Plates, dusting over them a little fine-sifted Sugar.

Almond-Cakes : To make these, Take a pound of Almonds blanch'd in cold Water, beat them with Rose-water till they lose their glistring, put in half a pound of fine Sugar well sifted ; beat these and the Almonds together, till they be well mixed ; then take the Whites of two Eggs, and two spoonfuls of fine Flower well dried, and beat them together, and pour in your Almonds ; then butter the Plates you frame your Cakes in, dust them with fine Sugar and Flower ; and when they are a little brown in the Oven, draw them, suffering the Oven to cool a little ; then set them in again upon brown Paper, and they will become much whiter than before.

Almond-Caudle : To do this well, Take of New Ale three pints, boil it in a quarter of an ounce of Mace and Cloves, as also some sliced White-bread ; then put in a pound of blanch'd Almonds well beaten, and half a pint of White-wine ; scum it well in boiling, and when it is sufficiently thicken'd, sweeten it according to your Palate : This is not only pleasant and nourishing, but very good in a Consumption.

Almond-Cheese : Take Almonds beaten fine, make a

Sack-poffet made with only Sack and Cream; take off the Curd, and mingle it with the beaten Almonds; set it on a Chafing-dish of Coals, and put some double-refined Sugar to it, with a sufficient quantity of Rose-water, then in a Pye-plate fashion it into the form of a Cheese: put it into a Dish, and scrape a little Sugar over it, and when it is cold, serve it up.

Almond-Cream: Take half a pound of Almond-Paste beaten with Rose-water, strain it with a quart of Cream, and put it into a Skillet with a stick of Cinnamon broken into small pieces; stir it continually in the boiling, and when it is boiled, sugar it, and serve it up when cold.

Almond-Custard: Take two pound of Almonds, blanch and beat them in a stone Mortar very fine, adding as much Rose-water as will make them very moist: then put them in a Press, and squeeze out the liquid part, and put it to two quarts of Cream, twenty Whites of Eggs well beaten, and a pound of double-refined Sugar: put it into a Pan, cover it with a Lid of luff paste; let it be baked gently, and then scrape over it fine Sugar.

Almond-Jelly: Take a pound of Almonds, and steep them in cold Water six hours: when they swell, the Husks may be taken off: then make

a Decoction of half a pound of Ising-glass, with the Juice of two Limons, and two quarts of Whitewine, boil it till half be consumed; then let it cool, and strain it; mingle it with the Almonds, and strain it, with a pound of double-refined Sugar, and with suitable Colours you may make it of what Colour you will: put into it Egg-shells, or Orange-peels, that is, place them on the top of it, and serve it up.

Almond-Leach: To do this, according to the French fashion, Take a quart of fresh Cream, a quarter of a pint of Rose-water, four grains of Musk dissolved in Rose-water, and four or five blades of large Mace; boil them with half a pound of Ising-glass, steeped before in Water, and washed clean: put to these half a pound of Sugar, and being boiled to a Jelly, strain it through a Jelly-bag into a Dish, and when it is cold, slice it into a Diamond-fashion, and chequer it over, and serve it on Glass, or other Plates, strewing, if you please, Sugar mixed with the Powder of Cinnamon on them.

Almond-Milk: To make it according to the best method, You must boil about two quarts of Water, scumming it well, and when it is taken off, suffer it to settle: pour out the clear part, and setting it over the fire again, boil it in Violet-

Violet-leaves and Strawberry-leaves, of the Roots of each a large handful, Sorrel-roots half a handful; these being well washed, put in with them a Crust of Bread, and stoned Raisins of the Sun two ounces, and so suffer them to boil over a gentle fire till the liquid part be consumed to a quart; and then with fifty Almonds blanchd, and thirty Pom-pion-kernels, all well beaten, draw an Almond-milk, then sweeten it with fine Sugar, and drink Morning and Evening about three quarters of a pint. This doth excellently sweeten the Blood, and causes a ruddy and fair Complexion, being very good in Consumptions.

Almonds, an Oil: To make this, Take Sweet Almonds, blanch them and bruise them, then pour on them a little Rose-water, and put them into a Vessel, that they may be kept warm, as it were in hot Water; then put them into a Hair-bag, pressing them at first gently, in an Almond-Press with a great Iron Screw, and so continue it by degrees, till you perceive a clear Oil come out. This, by bathing, mitigates Pains and Swellings, comforteth the exasperated Parts, especially the Lungs and Kidneys: it mollifieth dry and hard Swellings, and is profitable in Hectick Fevers, to be given in any cooling Liquors, and for the anointing

the Forehead and Stomach: it also supple the Face and Hands, and keeps them plump and soft.

Almond-Pudding: To make this, Take two French Roules, or other White-bread, slice them, and put them into a quart of Cream; put it then on a gentle fire till both be hot, beat it well together, add twelve Eggs, and the Whites but of four; Beef-Suet, or Marrow, four ounces, as much of Currans and Raisins, and season it with grated Nutmeg, Mace, Salt, and Sugar, scattering into it a little Flower; then make a piece of Puff-paste, as much as will cover your dish; set it in a quick oven, but not too hot, bake it sufficiently, and serve it up.

Almond-Snow-Cream: Take a quart of sweet Cream, a quarter of a pound of Almond-paste, beat it up well with Rose-water; mix it with half a pint of White-wine, and strain it; put into it the scrapings of Orange-peel, and Nutmegs sliced, two or three sprigs of Rosemary, and suffer it to steep two or three hours; then put some double-refined Sugar to it, strain it into a basin, and beat it till it froth and bubble, and as the Froth rises, take it off with a spoon, and put it into the dish to serve it up in.

Almond-Cart: Strain beaten Almonds, with the Yolks

Yolks of Eggs well beaten, and new Cream, Sugar, Cinnamon and Ginger, boil it thick, and fill your Tart; and when it is baked, ice it over with gleer of Eggs, Sugar, and Rose-water, beat up well together.

Aloes-Rosatum : Take of the finest Aloes-succotrine four ounces, make them into a Powder; take the Juice of Damask-Roses clarify'd two pound, put them together, and let them stand in the Sun in a glass Vessel, or in Balneo, till all the moisture be exhaled; do this four times, and then make it into Pills, which are excellent to purge the Stomach, for Pains in the Bowels, and a gentle Purge upon any occasion. *If 10 grains of these Aloes you put 2 or 3 grains of Laudanum, or one or two grains of strained Opium, and give two little Pills of it at night when going to bed, it gives good Rest, eases all manner of Pains, and carries off the offending Humour the next day by Stool with all the gentleness imaginable.*

Alom to Burn : Burn this in a new earthen vessel, and when it ceases to bubble, and no more froth or scum, upon the sudden taking off the cover, arises, it is sufficient.

Ambergrise - Cakes, to Make : Take fine Flower a quarter of a peck, mix with it slices of Marmalade of Quinces, a quarter of a pound

of Sugar and Rose-water beaten up together, of each ten spoonfuls; Yest half a pint, Currants clean pick'd and wash'd a pound, Cinnamon and Mace finely powder'd, of each half an ounce, candy'd Orange-peel cut very small; then with ten new-lay'd Eggs, and a quart of new Milk, thicken it, and mix it well; then dissolve a dram of Ambergrise in a quarter of a pint of Whitewine, and mix with the rest; so make it up into a Cake, and bake it in a gentle oven, and it will prove excellent, if iced over with Sugar melted in Rose-water, and the White of an Egg.

Ambergrise, the Tincture : To make this, Put in half a pint of rectify'd Spirit of Wine into a strong glass, Ambergrise two drams, Musk two drams; let the glass be stopp'd close with a cork, and tied over with a bladder, and place it in a cool place for the space of a month; then pour off the Spirit gently, and put on as much new Spirit, and place it as before, pouring off the second time clean: and after all this, the Ambergrise will serve for ordinary uses; And the Tincture drawn off as before, one drop of it is an excellent Perfume, and being drank in Tea or Coffee, is an excellent Cordial.

Amber-Pills : Take Venice-Turpentine one ounce, put it in a clean glazed earthen pot

pot upon embers moderately hot, and to try whether it be enough, take a drop and let it cool, and when it is so stiff that it will not cleave to the fingers, it is enough; then take of the Powder of Pearl, white Amber and Coral, of each a dram; of the inner Bark of an Oak, Nutmeg and Cinnamon, of each a quarter of an ounce: add to these three ounces of Loaf-sugar bruised and sifted, then make them into a Powder, and with the before boiled Turpentine make all into a mass of Pills, by beating in a mortar. The Dose is from one dram to two drams at night going to bed, swallowing after them the Yolk of an Egg a little warm: and so by doing two or three times, it will stop all Fluxes of the Bowels, and Fluxes of Humours to any part; strengthen the Stomach, Liver and Spleen, and preserve Women with Child from Miscarrying, and fortifie the Body against violent Distempers.

Amber-Pudding : To make this, Take the Guts of a young Hog, turn them and wash 'em very clean; then take two pound of the best Hogs-lard, a pound and an half of the best Jordan Almonds blanched, beat one half of them very small, and the other half reserve unbeaten: take further, a pound and a half of Sugar, four Penny White-loaves, grate

them over the former Composition, and mingle them well; put in half an ounce of Ambergrise scraped very small, half a quarter of an ounce of Levant Musk, a quarter of a pint of Orange-flower-water; mingle all these very well, fill the Guts, but not too tight; boil them over a gentle fire for fear of breaking, and they will prove excellent Fare.

Amber, a Volatile Salt. See Our Pharm. Battana.

Amulet, to Make : Take twelve Eggs, beat them and strain them, put to them three or four spoonfuls of Cream, then put in a little Salt, and having your frying-pan ready with some Butter very hot, pour it in, and when you have fryed it a little, turn over both the sides into the middle; then turn it on the other side, and when it is fryed, serve it to the Table with Verjuice, Butter and Sugar.

Anacardium, to Prepare : Having first powdered, and then infused them in a convenient quantity of Vinegar; when you have sufficiently imbibed it, cause the Vinegar gently to evaporate, and dry them.

Andolans : Soak the Guts of a Porker in Water and Salt, turn them and scour them, that they may be made very clean; let them steep after that a day and a night in fair Water, dry them well with a linnen

linnen cloth, turn the fat side outermost ; then shred Sage very small, mix it with beaten and then sifted Pepper : do the like by Cloves, Mace, and Coriander-seed, mingle them with a little Salt, and season the fat side of the Guts ; then turn that side inward again, draw one Gut over another to what thickness you please, boil them in fair Water with a piece of interlarded Bacon, some of the Spices before-mention'd, and a seasoning of Salt, tie them fast at both ends at what length you please, and as it is more liking and savoury to your Palate, you may put into them Pennyroyal, Savory, Leeks, Onions, or Sweet-Marjoram, chop'd or bruised very small ; or, if you please further to gratifie your Appetite, Rosemary, Thyme, Nutmegs, Ginger or Pepper grossly bruised.

Aniseed-water : Take ten gallons of good low Wines, or proof Spirits, one pound of Aniseed, or more, as you will have it in strength : now, if your Spirits are high proof, you may add a little Water in the Distillation, and then draw off the same quantity you put on : This rule serves well for Seeds, but only the quantity is diversified, according as they be in strength ; for of Cardamums you must put two pound to the like quantity of Spirits.

As to the Herbs, Angelica, Mint, Balm, Wormwood, and the like, they ought to be gather'd in their prime, and gently dried ; the proportion is more or less in quantity, according as you will have the Water in strength of the Herb ; for one is stronger than another, and a handful of Wormwood will go further than two or three of another Herb.

Angelica is hot and dry, even the Herb, but more- especially the Root : The Root preserves against the Infection of the Plague, if infused in Vinegar, you frequently chew it, and also hold it to your Nose. *Take a dram of the Powder of the Root, and half a dram of Ginger and Zedoary in Powder, mixed with as much Venice-Treacle ;* and this being taken once in six hours, will cause a curious breathing Sweat. The candied Roots and Stalks sweeten the Breath, and help against the Diseases of the Lungs.

Lozenges of Angelica : *Take the Extract of the Roots of Angelica and Contrayerva, of each of them an ounce ; three drams of the Extract of Licorice ; of the Flower of Sulphur sublim'd with Myrrh five drams, of Oil of Cinnamon about eight drops, fine Sugar twice the weight of all of them, with a mucilage of Gum-Tragacanth made in Scordium-water : make them up into Lozenges.*

Angelica

Angelica-Roots, to Preserve : Wash the Roots, and slice them very thin, and lay them in Water three or four days, change the Water every day, then put the Roots into a pot of Water, and set them in the embers all night, in the morning put away the Water ; then take a pound of the Roots, four pints of Water, two pound of Sugar ; let it boil, and scum it clean, then put in the Roots, which will be boiled before the Syrup ; then take them up, and boil the Syrup after : they will ask a whole day's work very softly : at St. Andrew's-time is the best time of the year.

Angelica, to Candy : Take the Stalks, boil them in fair Water till they become very tender, then shift them in three boilings six or seven times, that the bitterness may be so taken away ; then cover them with Sugar, and let them boil a minute ; then take them out, and dry them in an oven ; and being dried, boil the Sugar to a Candy-height, and so cast them in to the hot Sugar, and take 'em out again suddenly, and use them as the former.

Angelica Water and Compound Spirit : Take of the Roots of Angelica, of the Leaves of Carduus Benedictus, each six ounces ; Balm and Sage, of each four ounces, of the Seeds of Angelica six

ounces, of sweet Fenel-seeds nine ounces, to the dried Herbs and Seeds grossly powdered ; add of the Species called *Aromatick Rosat*, and sweet *Diamosch*, of each an ounce and an half ; infuse them two days in sixteen quarts of *Spanish Wine*, and then distill them with a gentle fire ; add to every pint two ounces of Sugar dissolved in Rose-water : The first three pints are called Spirits, the rest is the Compound Water. *London Dispensary.*

Angelot-Cheese, to Make : Take a gallon of Stroakings, and a pint of Cream, and put to them, when mixed, a little Rennet : when you fill, turn up the middle side of the Cheese-fat, fill them a little at once, and suffer it to stand all that day and the next : then turn them, and so leave them till they will slip out of the Fat ; salt them on both sides, and when the Coats begin to come, lay them a drying, and it will have a very pleasant relish.

Angling : To have the best sport and success in this part of Recreation, Take *Asafoetida*, Camphire, *Aquavivæ*, and Olive-oil, bruise 'em in a mortar till they become a pliable Ointment, and by anointing your Baites therewith, the Fish will presently take them.

Anodyne-Clyster : Boil a pint of Milk once up, and mix

mix with it the Yolk of an Egg well beaten, so that in the putting in, it curdle not, then four spoonfuls of brown Sugar, and a little of the Decoction of Camomil-flowers; and being administered pretty hot, it gives speedy and effectual ease in gripes and pains in the Bowels.

Antiepileptick-Water of Langius: Take the shavings of Man's Skull, Mistletoe of the Oak, Peony and white Dittany, of each two ounces, fresh Flowers of Lillies of the Valleys two handfuls, Cinnamon six drams, Nutmeg half an ounce, Cloves, Mace, and Cubebs, of each two drams; these being all bruised together, put them into a Matras, or Glas body, and stop them up as secure from Air as may be, in eight pints of Malmsey, and when they have macerated for a week over a gentle fire, distill them in a moderate Sand-heat.

This is properly call'd a *Corrected Antiepileptick Water of Langius*, and has been long in request, and by the preparing it as here directed, it is excellent, given in Epileptick-Fits. The Dose is two drams to half an ounce, being first dulcified with treble-refined Sugar; 'tis an excellent Cordial. It may be also used for the Prevention, as well as the Cure of this Distemper, and is very proper for all cold Diseases in the Brain.

Antimonial Claret-Water: Take *Regulus of Antimony* in fine Powder 2 ounces, *Whitewine* a pint and an half; mix and digest a week, often stirring it; at length let it settle, and use the Clear. It may be taken from 2 drams to half an ounce or more, as the Person is in age and strength. The *Regulus* will serve again above twenty times. It is good against foulness of the Stomach, Surfeits, Cachexia, Dropie, Gout, Stone, Falling-sickness, Apoplexy, Lethargy, Vertigo, Head-ach, and many other chronick Diseases, especially such as proceed from Melancholy. It may be taken twice a week, and is always to be given in the morning fasting.

Antimony, its Cinabar: Put into your Retort of Sublimate Corrosive and Antimony, as much as half fills it, powder'd and well mingled together; let the Retort be placed in Sand, in a small furnace; fit to it a Receiver; lute the Junctures, and so make a Distillation, and perceiving a red Vapour appear, take away the Receiver, and put another into its place, not luted, encreasing the fire by degrees, till the Retort is red-hot, and so let it continue three or four hours, then suffering it to cool, break it, and you will perceive a sublimated Cinabar sticking to the neck of it; separate it, and keep it. It is a very much prized Remedy for

for the French Disease: it likewise forces Sweat, and remedies the Falling-sickness. It is of good use to sweeten the Blood and Lymphus, and all the other Juices, being taken for 7 or 8 weeks together, morning and evening, from half a dram to 2 scruples at a time, or a dram, in some convenient Vehicle, or Syrup.

Antimony, an Oil or Liquor: Take six ounces of fine white Sugar-candy, beat it to Powder, then do the like by eight ounces of Hungarian Antimony, and mix 'em well together, and put them into a glass Retort, and distill them on a Sand-heat with a gradual fire. This Liquor cures intermitting Agues, given in Whitewine, three, four, five or six drops at the beginning of the Fit, and so repeating it two or three times. *Sennertus*.

Antinephritic-Water: Take of *Narbane Honey*, *Parley-leaves* bruised, *Arsmart-leaves* bruised, of each half a pound; *Penice-Turpentine* two ounces, *Nephritic Wood* and *Roots of Rest-Harrow*, of each an ounce and a half; *Lignum Aloes* an ounce, *Galingal*, *Cloves*, *Cinnamon*, *Mace*, *Cubebs*, and *Mastic*, of each half an ounce; bruise and macerate them for three days together, in two quarts of Rectified Spirits of Wine, or for want of that, in *aqua-vite*, and distill them over a moderate fire.

This Water is highly re-

commended for removing of Gravel or Sand out of the Bladder or Kidneys, as also for easing the Pains of the Colick, given from one dram to half an ounce, either alone, or mixed with proper Liquors.

Antiscorbutick Elixir Proprietatis: Take *Myrrh*, *Senna of Alexandria*, *Aloe Succotrine* and *Saffron*, beaten into Powder, of each four ounces, digest them in a close-stopp'd Vessel for eight days in a moderate Sand-heat, with four pints of *Antiscorbutick Spirit*, or *Spirit of Scurvygrass*: then for one hour encrease the heat of the Bath, and filter and keep it apart: then pour on the remaining mass, a pint of fresh Spirit, and reiterate digestion and filtration: then draw off the Spirit in a Sand-bath with a moderate fire, till there only remains a third part: When the Vessels are cool, preserve the Elixir; and when it is to be used, mix it with a third or fourth part of the volatile Spirit of Hart-horn. This Elixir is now wonderfully in use, and highly esteemed in all Diseases that proceed from Corruption of Humours, but chiefly used in the cure of the Scurvy; for it purifies the Blood, and quickens the motion of its Circulation. It may be taken in Wine, or some other Liquors, from seven or eight to fifteen or twenty drops.

Apoplexy: To cure this violent and dangerous Distemper,

Stemper, Take two quarts of the Spirit of Wine, infuse in it a pound of Masterwort, Castor, and Cloves, of each half an ounce; being bruised a little, add to them two handfuls of ordinary Lavender and Sage-flowers, steep them in an earthen pot well glazed, stop it very close, and set it in a Sand-heat, or other warm place, four or five days, often shaking it: then take nine drams of Camphire dissolved in half a pint of Sack, and put it in, setting it in a cool place, and then filter it through brown Paper: and when the Distemper approaches, which is known by a shooting Pain in the Head, a swimming Dizziness of the Eyes, &c. Then give a full spoonful of it in a glass of Wine or fair Water. Rub the Forehead and Temples with it till it dries in, and it gives speedy ease: And constantly give it a full spoonful at a time, first in the Morning, and last at Night; and let the Patient purge the Head therewith every other morning, or evening, by snuffing a little of it up the Nostrils several times.

Apopleckick - Balsom: Take distilled Oil of Cinnamon, Cloves, Lavender, Lemons, Marjoram, Mint, Rue, Rosemary, Sage, Rhodium, Wormwood, of each six drops: Bitumen Judaicum in fine Powder two drams, Oil of Nutmegs by expression

one ounce, Balsamum Peruanum one ounce; with this mix and make a Balsom. This Apopleckick Balsom is used by Smelling to; it comforts the Head, discusses cold Humours, and is excellent for the Head-ach: It prevails against Apoplexies, Swoonings and Palsies, being put into the Nostrils, or otherwise applied.

Apopleckick - Tincture: Bruise four pound of Black Cherries, Roots of Valerian, and Shavings of Harts-horn, of each three ounces; Cloves And Mace beaten fine and sifted, of each half an ounce, Saffron two drams, Flowers of Lillies of the Valley, and Lavender, of each three handfuls: mix them well together by bruising and shredding, and macerate them in good Brandy a gallon, 48 hours, in a warm Balneo Mariae, and decant the Tincture.

This Tincture eases Apopleckick Pains, Palsie, and other Distempers in the Head and Brain, arising from Cold, being taken at seasonable times, from half an ounce to an ounce.

Apopleckick-Water: Take of the Lilies of the Valley, Rosemary, Lavender, Sage, Primrose, of each three handfuls; the Yellow of Orange, Lemon and Citron Peels, of each 3 ounces, Nutmegs 2 ounces, Zedoary, Cubeb, Winters Cinnamon, all in gross Powder, of each 1 ounce, Cloves half an ounce; let them macerate eight days in the Sun,

or

or in a Stove, in rectified Spirits of Wine and Orange-flower-water, of each two quarts; then distill them in a Sand-heat, and preserve this excellent Water for your use.

It fortifies the Brain and noble Parts, being taken from half to a whole spoonful. It is successful, as well to prevent as to cure the Apoplexy, and all other violent Diseases of the Brain.

Appetite to Restore: Take Wood or Garden-sorrel a handful, boil it in a pint of Whitewine-vinegar, till it becomes very tender; then strain it out, sweeten it with two ounces of Sugar, and boil it to a Syrup, and take a quarter of an ounce at any time when you find your Appetite fail you.

Or thus; Take dried Wormwood 3 ounces, grind it with Salt of Tartar one ounce in a hot Mortar, rectified Spirit of Wine 12 ounces: mix and digest twenty or thirty days, then decant the clean Tincture. Dose 10 or 20 drops in a glass of Ale or Wine. It will restore the Tone of the Stomach, comfort and warm it, and cause a brisk Appetite.

Apple-Cream: Take ten or twelve Pippins when pretty ripe, pare them, take out the Cores, and slice them thin, cut them in quarters, and put them into a Pipkin with Claret-wine, a few slices of Ginger, Lemon-peel scraped, as

also some white Sugar, let 'em boil up together till they are very soft, then take them off the fire, and put them into a Dish, and when they are pretty cool, take a quart of new Cream boiled with a little Nutmeg, and put in of the Apple stuff to make it of what thickness you please, and so with a little sprinkling of Sugar and Rose-water serve it up as a most acceptable Banqueting.

Apple-Tansy: To make this, Pare your Apples thin, cut them in round slices, fry them in sweet Butter, beat ten Eggs in a pint of Cream, add Cinnamon, Nutmeg and Ginger, of each a dram, well beaten or grated Sugar three ounces, Rose-water two ounces, those being well beaten together, pour on the Butter, fry them moderately, and dust them over with Sugar and a sprinkling of Rose-water, and serve them up.

Apples, a Purging Syrup: Take Juice of the best Pippins, or Pearmain, 2 quarts; choice Alexandrian Senna 3 ounces, Cream of Tartar one ounce; infuse in a gentle heat for two hours, then give it two or three walm, and strain out without pressing: to this strained Liquor put white Sugar 5 pounds, dissolve the Sugar, and keep it for use. Dose 6, 8, or 10 Spoonfuls in a morning fasting, according to age and strength.

This Syrup is held to be a very

very gentle Purge for melancholy People, and very safe and easie.

Apple = Florentines, to Fry: Take about a dozen Pippins, pare them, cut them and almost cover them with Water, and almost a pound of Sugar, let them boil on a gentle fire, close covered, with a stick of Cinnamon, minced Orange-peel, a little Dill-seed beaten, Rose-water: when this is cold and stiff, make it into a little Pasty with rich Paste, and fry it.

Apple = Tart, to Bake Red: Take Apples, pare them, and slice them thin; put to a pound of Apples a quarter of a pound of Sugar, two pennyworth of Cochineal finely beaten, a stick of Cinnamon, mix it with your Apples, and put it into your Paste, and bake it, and then put in Butter, and Rose-water.

Apples, to Stew: Pare them, and cut them into slices, put them into a Piskin with Claret-wine, and Water alike, as much as will near reach to the top of the Apples; boil or stew them gently till they grow tender, which may be in two hours, then put in some sticks of Cinnamon bruised, and a few Cloves when they are almost done, and sweeten them with Sugar; break the Apples to pap by stirring them: when you are ready to take them off, put in good store of fresh

Butter, and stir them well together: Stew these between two Dishes. *Hartman.*

Apricocks: Apricocks are a delicious Fruit to the Taste, and much more wholesom than the Peach; but above all, from the Kernels of them an excellent Oil is extracted by expression; which being mix'd with two parts of Oil of Amber, is excellent for Hemorrhoids, Pains in the Ears, Swellings and Inflammations

Apricock = Cakes: To make this, Take the largest and smoothest Fruit, parboil them in Spring-water till they become very tender: then pressing out the Pulp, put to it an equal weight of Sugar: set them over a gentle fire, and keep them continually stirring, and when you can see the bottom of the Skillet or Pan, they are enough: then put the Pulp and Sugar into Cards sewed round, and dust them over with sifted Sugar, and letting them stand two or three days, turn them; then if they be candy'd, take them out of the Cards, and dust them with Sugar again; and so often turning them, let 'em dry for your use in a gentle heat.

Apricocks to Candy: Take the Apricocks, pare them very thin, and strew fine Sugar lightly on them; then lay them on a broad pewter Dish, and so put them into an Oven as hot as usually heated for Manchet,

Manchet, and as the Liquor comes from them, pour it forth and turn them: Strew more Sugar, and sprinkle them with Rose-Water, turn and sugar them till near dry, then lay them on a Lettice-Wyre till they are dried, which you may do in an Oven after the drawing, and by this means they will keep all the Year.

Apricocks to dry: In the first place, Take out the Stones, then weigh the remainder, and take the weight of them in double refined Sugar, and make a Syrup with so much Water as will wet them, and boil it up so high that if a drop be drop'd on a clean Plate, it slip off, being cold: put in your Apricocks pared when the Syrup is heated, stir them about and turn them, and tye them up one by one in Tiffanies; then put them in again, and set the Syrup over a quick fire, making it to boil as fast as it can, and scum it well: and when they look clear, take them from the fire, then lay them on a Sieve to drain, and being well drained, take them out of the Tiffanies, and dry them in a Stove or the Sun, in Glasses, to keep off the dust.

Apricock = Ambals: Take Apricocks, scald them to a tenderness, and dry the pulp in a pewter or earthen Dish over a Chafing-dish of Coals, then for a day or two set it on a Stone, and beat it afterward

in a stone Mortar, adding as much fine Sugar as will make it a stiff Past; then colour it with Saunders, Cochineel, or Indico, rowl them long, tye them into Knots, and so dry them for use.

Apricock = Past: To make this, Pare your Fruit, and stone them; set them between two Dishes on a Chafing-dish of Coals, till they are boiled very tender; let them cool, and lay them out on white Paper, take their weight of Sugar, and boil it to a Candy height, with as much fair Water and Rose-Water, as will dissolve the Sugar; then put the Pulp into it, and let it boil till it be as thick as Marmalade, still keeping it stirring; then on a Pye-Plate fashion it into the shape of whole Apricocks; and so being dried, it will be very transparent, and eat more luscious and pleasant than Apricocks newly gathered from the Trees.

Apricocks to preserve: Take them when they are pretty well buttoned, yet so tender that you may run a Needle through the Stones and all, without any difficulty; then put them into luke-warm Water to break them, and let them stand close covered in that Water till a thin Skin will come off with scraping, and all this while they will look yellow; then put them into another Preserving-Pan,

or Skillet of hot Water, and let them stand covered till they recover a curious green colour; then having equally weigh'd them with a like weight of Sugar, clarify the Sugar with the White of an Egg, or some Water, and so preserve them for use.

If you would preserve them when ripe, you must take out the Stones; you need not at all boil them in Water, but with the Juice of some of them dissolve the Sugar, and stew them in it; then having a Syrup of Sugar boiled to a height, put them in it till they look clear, and so set them up close covered for your use.

Aqua-Coelestis: To make this, Take of Cinnamon one dram, Ginger half a dram, the three sorts of Saunders, of each of them a quarter of an Ounce, Cubebbs and Mace, of each of them a Dram; Cardamom the bigger and lesser, of each three drams; Setwell-Roots half an ounce, Fennel-seeds, Anni-seeds, and Basil-seeds, of each two drams; Angelica-roots, Avens-roots, Thyme, Calamint, Liquorice, Calamus, Masterwort, Penitroyal, Mint, Mother of Thyme, and Marjoram, of each two drams; Red-Rose-seeds and Flowers, Bettony and Sage, of each a dram and half; Cloves, Nutmegs, and Gallinall, of each two Drams; the Flower of Stecha, Rosemary, Borrage,

and Bugloss, of each a Dram and half; Rind of Citron three Drams: Bruise these well together, and put to them the Species Cordiales as also the Spices made with Pearl, of each three Drams: Infuse them in twelve pints of Aquavita, in a close stoppt Glass fifteen Days, with often shaking; then distill them in an Alembick, and hang in the Spirit, two drams of Musk, and half a dram of Ambergrease, tied up in a Rag.

This excellent Cordial fortifies the Heart against the Plague, and all pestilential Diseases, expels Poison, and heals Aches, Pains, and the Cholick.

Aqu Diuretick, or Water provoking Urine: Take the Roots of Parsly, Eringoes, Rest-Harrow: Juniper-Berries, and Alkekengi, of each two ounces, Leaves of Parsly, and biting Arsnart, of each three handfuls, Pimpernel, Watercresses, and Elder-flowers, of each two handfuls, Daucus-seed, Fennel and Parsly-seed, Onion-seed, of each three ounces, bruise and macerate them twenty four Hours in White-wine, add a quart of the Juice of Radishes, with one pound of English Honey, Venice-Turpentine half a pound; distill them in a moderate Sand heat, adding to every part of the distilled Water dulcified Spirit of Salt, so much as to make it pleasantly sharp.

This is an exceeding prevalent

valent Water to strengthen the Heart, but is chiefly designed for opening Obstructions in the Ureters and Bladder, and causing a free Passage for the Urine: You may safely take it from one to three or four ounces.

Aqua Epidemica: This is the London Plague-Water. To make it, Take the Roots of Tormetill, Angelica the greater, Piony, Liquorice, Elecampane, of each half an ounce; the Leaves of Sage, the greater Celandine, Rue, the tops of Rosemary and Mugwort, Burnet, Dragons, Scabeous, Bawm, Carduus Benedictus, Bettony, the lesser Centaury, the Leaves and Flowers of Marigolds, of each a handful; shred, bruise and steep them four Days in a glass Alembick, and take from a quarter of an ounce to half an ounce at a time, it powerfully resists the Plague, pestilential Fevers, and all infectious Diseases, reviving and cheering the Heart and Brain, and rarefying and sweetening the whole Mass of Blood.

Aqua Lactis alexiteria: Take Carduus Benedictus, the Leaves of Meadow-sweet, and Goats-Rue, of each six handfuls; Mint and common Wormwood, of each five handfuls; Angelica two handfuls, Rue three handfuls: bruise them very well, and put to them three Gallons of

the best new Milk; and suffering them to infuse for twelve Hours, distill them in a cold Still.

This Water, though it be frequently used as a simple Water in making up Medicines, is nevertheless of singular use it self, being a very gentle Alexipharmick, and may be given (to expel Malignity, and prevent Infection) with other things. It comforts the Heart and Stomach, and sweetens the Blood taken singly; and so inoffensive it is, that you may take, four, five, or six ounces at a time.

Aqua Mirabilis: To make this, (according to Dr. Willoughby's Receipt) Take Galingale, Mace, Cloves, Cubebbs, Ginger, Cardamoms, Nutmeg and Saffron, of each an equal quantity, in all four ounces; beat and bruise them well: Take of the Juice of Celandine half a pint, mingle them together with a quart of Aquavita and three pints of White-wine, put them in a glass Still, and let them infuse twelve Hours: then distill off the Water with a gentle fire under a Sand-Bath.

This Water dissolves the Swellings, and removes the Oppressions incident to the Lungs, helps and comforts them, being Wounded, not suffering the Blood to putrefie; and those that use it often, will have little cause to be blooded at any time, unless

less in cases of sudden or violent Bruises, or internal Bleeding, &c.

Aqua Mirabilis another way: To make this, Take Cubebs, Cardamoms, Galingal, Mace, Cloves, Ginger, Rosemary-flowers, of each one dram; bruise them: then take a pint of the Juice of Calandine, the Juices of Bawm and Spearmint, of each half a pint, Sugar a pound, Flowers of Cowslips, Borrage, Rosemary, Marigolds, and Bugloss, of each two drams; Canary three pints, strong Angelica-water one pint: bruise the Spices and Flowers well, and steep them in the Sack and Juices the space of 24 Hours, and distill them the next morning in a glass Still, laying Hearts-Tongue Leaves in the bottom of it.

This Water is an excellent Preserver of the Lungs, purifying the Blood, and removing the Defects of the Spleen; helps Digestion, preserves a youthful Complexion, & continues a good colour in the Face.

Aqua Mirabilis a third way: Take Cinnamon the best sort an ounce; Nutmegs and Citron-Peel, of each six drams; Cloves, Galangal, Cubebs, Mace, Cardamoms, Ginger, of each two drams: bruise them all together, and let them infuse in White-wine, and Spirit of Wine, of each a pint, distill them in a moderate Sand-Bath.

This is an excellent Cor-

dial taken from half an ounce to an ounce at a time: It fortifies the noble Parts, and resists Poison, &c.

Aquavitæ: Is made of well brew'd Beer, that is strongly hop'd, and well fermented; but if it should not be fully rich of the Mault, they distill it as soon as it's well wrought, for fear it should flat, and then a great part of the Spirit is lost; but if it be very strong, you may keep it to what age you please.

The way to distill it, is thus: Take a large Still, with a Serpentine Worm, fix'd in a great Hogshead with cold Water, to condense the Spirits; or for want of that, an Alimbeck; but at first, be not too hasty with the Fire, but by degrees, make all hot until the Spirit come; if the Still is large, the way I best approve for the receiving these Spirits, is to let it run through a Funnel into a Hogs-head, that is placed on the Ground for that purpose, and you are to distill it as long as any goodness will come, which may be known thus; The Taste will be like an unsavory Water, when all the Spirit is off; this Spirit is called Low Wine, which let stand 6 or 7 days, and then distill it a second time, which is called Rectification, in which it may be brought into Proof-Spirit or artificial Brandy, which you please: now this you may know, when the Spirits are off the second

cond time, by throwing some of it into the Fire, if it burns, it is good, but if it puts forth the Fire, the Operation is at an End. These Low Wines and Spirits are proper for making most sorts of Waters, as will be seen in the Application thereof. Now if you rectify a third time in Balneo, 'twill be the better freed from its Plegm and a true *Aquavita* is made.

Aquavitæ Regia, the Royal Water: Take Lignum Aloes, Roots of Zedoary, Carline-Thistle, and Valerian, of each an ounce, choice Citron-Peels, Orange and Limon Peels, Mace and Cinnamon, of each six drams; Cloves, the lesser Cardamoms, and Fennel-seeds, of each half an ounce; Rosemary, Sage, and Marjoram in the flower, of each two handfuls: bruise what requires it, and put them into a Matras with the Spirit of Wine and Malmsey, of each two quarts; stop the Vessel close, and let them infuse over a gentle fire for the space of three days: then distill them, and dissolve in the distilled Water, Musk and Amber-grease, of each a dram and a half, and keep it for use in a close Vessel, or rather in glass Bottles.

This Water fortifies the Brain, Head and Stomach, and all the noble Parts, when enfeebled by the dissipation of the Spirits, or over-pressed by the ill Qualities or abundance

of bad Humours. It is to be taken fasting in a Morning from one dram to half an Ounce, mixed with proper Liquors, as Bawm-water and Mint-water.

Arcanum Corallinum: Put red Precipitate into an earthen Vessel well glazed, pour on it Spirit of Nitro well rectified, repeating it two or three times: then wash it in warm fair Water till it is sweet, dry it, and put thereto rectified Spirit of Wine, so much as may over-top it an Inch, then set fire to it, and when the Spirit is consumed, add more: do this six times.

This is excellent for Purging, and sometimes procures Vomiting, opening Obstructions, and dissolving scirrhus tumours, and mainly contributes to the Cure of the French Disease, The Dose is from two to three Grains.

Orsmart: The common sort of this is hot and dry, chiefly used in outward Wounds and Swellings. A Decoction of it is good to wash old Sores. The Water helps the Gravel in the Kidneys or Bladder; the Root of Seed put into an hollow Tooth cures the Tooth-ach.

Artery-Pain: There is no better thing for an Artery prick'd or wounded, then to apply thereto Balsam de Chili upon Lint, and lay over it a Diapalma Emplaster: it commonly cures at one dressing.

Artichokes to Bake, or a Pye: Boil them first in fair Water, and so soon as you can separate the bottoms from the Leaves without breaking, lay them in a Dish, and season them with Nutmeg, Pepper and Cinamon, very lightly, having layed a Sheer of Past under them with some bits of Butter; then lay on Potatoes sliced round the Dish, also some Eringo-Roots and Dates, Beef-Marrow, Raisons and Currans, large Mace, sliced Lemon and more Butter; close it up with another Sheet of Past, and being baked, liquor it with Grape-juice or Verjuice, Butter and Sugar beat up together, ice it with Sugar and Rose-water, and so serve it up.

Artichokes to Dress: The best way is to boil them in a Beef-pot, and when they are tender sodden, take off the tops only, leaving the bottoms with some round about them; and then put them into a Dish, putting some fair Water to them, and two or three Spoonfuls of Sack, and a Spoonful of Sugar, stew them on a Chafing-dish of Coals, take the Liquor then from them, and make ready some Cream with the Yelks of two Eggs, two ounces of Marrow, and as much sweet Butter as will serve 'em up.

Artichokes to Fry: Take the bottoms of Artichokes tenderly boiled, and dip them

in beaten Eggs, and a little Salt, and fry them with a little Mace shred among the Eggs, then take Verjuice Butter and Sugar, and the Juice of an Orange; Dish your Artichokes, and lay on Marrow fryed in Eggs to keep it whole, then lay your Sauce, or rather pour it on, and serve them in.

Artichokes to Pickle: Take your Artichokes not too ripe, for then they will be full of strings, pare them round to the bottom, and boil them tender, take them up and set them a cooling, then take White-wine and Stale-Beer, with good store of whole Pepper, so put them into a Barrel with a little Salt, keep them close, and they will serve for Bak'd and Boil'd Meats all the Year.

Artichokes Stewed: Having first boiled the Artichokes, take off the Leaves and the Choak, cut the bottoms into quarters, split them in the middle, put them into a flat Stewing-pan, put under them Toasts of Bread, and the Marrow of two Bones, five or six Blades of large Mace, half a pound of preserved Plumbs, with two ounces of Sugar, and suffer them to stew together the space of two Hours; then put them into a Dish with Sippets, garnished with Barberries, and so serve them up, and they will make a delicate and much

much approved Dish.

Ash, or Ash-Tree: The Seed of the Ash-Keys dried, powdered, and drank in White-wine, provokes Urine. The Juice of the Leaves drank constantly in drink, prevents Fatness, and reduces those that are so. The Bark and Wood dry and attenuate, and are supposed to soften the hardness of the Spleen by a specifick Quality. The Juice of Ash-Leaves drank, and the beaten Leaves outwardly applied, avail much against the biting of any venomous Creature, and stench Blood. The Juice, with Honey, is good for internal Bruises. The Leaves and tender Twigs boned in your usual drink, is good against the Dropsie: though the Seeds powdered and taken in Wine, in the Opinion of others, are more powerful. The Salt of Ash provokes Urine.

Asparagus, or Sperage: The prickly sort of this, which in many Places grows wild, being boiled in White-wine provokes Urine, is good against the Strangury or difficulty in making Water, expels Gravel in the Kidneys or Bladder, eases Pains in the Reins; and boiled in Wine-Vinegar, closes the Arteries, and eases the Pains of the Hip-Gout, or Sciatica: The Decoction of the Root boiled, and drank, is good to clear the sight, and being held in

the Mouth, eases the Pains in the Teeth.

Take White-Port Wine half a pint, Spirit of Harts-horn 30 drops, Volatile Salt of Hogs Blood or Bullocks Blood 10 grains; mix them; it gives relief in half an hour.

Astringent Powder: Take Bole-Armoniack, and Terra-sigillata, of each two ounces; Pomgranat-Flowers, Red-Roses and Dragons-seeds, of Summach and Whortle-Berries, Frankincense and Mastick, of each two ounces: make all these into a fine Powder.

This Powder taken in Wine, or some Decoction, from a scruple to a dram, in losses of Blood, weakness of the Stomach and Intestines, is singular good: It may likewise be applied outwardly, incorporated with Whites of Eggs, Vinegar, or some Astringent Water or Decoction, like a Cataplasm, to stop desfluxions and loss of Blood, and to strengthen or close the Parts.

This is much more powerful, and stops Bleeding in any part upon the spot, especially any inward Bleeding, as also the overflowing of the Terms, bleeding at Nose, &c. and also stops any flux of the Belly: Take Japan Earth one ounce; Pomgranate-Peels, Herbene-seeds, of each half an ounce; Mastick, Olibanum, Dragon's-Blood, Terra-sigillata, of each 2 drams: each being in fine Powder mix them: dose 1 dram, or dram and half

In a glass of Red-Port Wine.

Urens: This Herb is Astringent in some degrees, it strengthens and discusses, being cephalick and cordial, and resists Poisons; though it is mostly appropriated to the Cure of Catarrhs, and for quickening the Blood when thick or coagulated. Wine, wherein the Roots have been steeped, hath a fine pleasant taste and smell: It cheers the Heart and opens Obstructi-

ons. The Root infused in Beer, is excellent in strengthening the Joints, and Bowels. Two ounces of the Root, or a handful of the Herb boiled in Water or Posset-drink, to the quantity of a Quart, and consumed to a fourth part, has been used successfully in the Cure of Agues, more particularly the Tertians, by taking it two Hours, or thereabout, before the Fit comes.

B A

B A

Back Heated: To Remedy this, Take White-wine a pint, Saccharum Saturni 6 drams; mix and dissolve: and with this bathe the Back morning and evening; it never fails.

Back, a Pain in it: To remove this Pain, Take Oil-Olive eight ounces, Sheeps suet 4 ounces, Oil of Amber 2 ounces; mix them, and therewith anoint well morning and evening for 3 or 4 days, it cures it.

Back Clasting: Take Isinglass, cut it into bits, and dissolve it in Water by boiling, then strain, and add to it an equal quantity of Milk, and to every pint thereof, half a pint of Jelly of Hartshorn; sweeten all with double refined Sugar, and let the Patient eat thereof three quarters of a

pint, or a pint, in the morning for Breakfast, and last at Night going to Bed.

Back Weak: To strengthen the Back, if it be overstrained, or troubled with Pains or Aches, Take the Yolk of a new-lay'd Egg, put to it a quarter of a pint of Muscadell, or Alicant, and being well warmed, grate in some Nutmeg, and drink it hot twice a day. Or the Patient may take the former Jelly of Isinglass, a pint in the morning Fasting; and at night going to Bed, 1, 2, or 3 grains of our Volatile Laudanum, or Specifick Laudanum, which continu'd for some time will not fail to Cure.

Another: Take of the Pith or Marrow of a Black Ox's Back-Bone three ounces, Dates stoned

stoned and sliced two ounces; boil them well together in a pint or more of Muscadell, and take from 3 to 6 spoonfuls morning and evening, and you'll find it exceedingly strengthen the Back, especially of old People.

Bacon Froise: Take eight Eggs well beaten, a little Cream and a little Flower, beat them well together to be like other Batter; then fry very thin slices of Bacon, and pour some of this over; then fry it, and turn the other side, pour more upon that, so fry it, and serve it to Table.

Bacon-Gammon to Bake with the Ingredients: Take a Westphalia-Gammon, boil him down, take off the Skin, season him with Pepper, and a little minced Sage, stick him with Lemon-peel on the upper side; then having a Coffin of hot butter'd Past, (something high) put him in the middle thereof: take a dozen of Pigeons, and as many Lamb-stones and Sweetbreads of each, season them with Pepper, Salt, Cloves and Mace; lay your Pigeons round about the Gammon, and your Lamb-stones and Sweetbreads round on the top of it; lay over it large Mace, a few Sweet Herbs minc'd, and put on Butter all over, the Gammon being tenderly boil'd before, will be fully baked with the Pigeons and Sweetbreads: close up your Pye, and let it have a gentle

soaking, your Crust need not be very thick for so much baking as your Ingredients will ask; when he is enough, let your Lard be Claret-Wine, boiled up with two or three Onions, a Faggot of Sweet Herbs, with half a handful of Sage boiled and minced, a little strong Broth, and drawn Butter, thickned up with the Yolk of an Egg: when you dish up your Pye, cut it open, pour in your Lard, and shake it about; put on your Lid again, and serve it.

Balsam Artificial: The following Balsam is very excellent for any Wounds, Burns, Scalds, old Sores, Botches, Scabs, &c.

Take Oil-Olive a quart, Sheepsuett, Bees-wax, Strasbourg Turpentine, of each 2 pounds, Gum Elemi 1 pound, Balsam Copivi half a pound, Liquid Storax, Balsam de Chili, of each 4 ounces; Chymical Oils of Carraways, Fennel, and Lemons, of each one ounce; Oil of Aniseeds, of each an ounce: melt, mix and make a Balsam. It heals all sorts of Wounds at one Intention, if not of too great a magnitude, yea even Wounds of the Nerves; and all manner of Pains and Aches in any Part being anointed thereon, and applied with Lint, and bound on; it cures the Gout in Hands or Feet to a wonder.

This Balsam likewise cures the Head-ach, only by anointing the Nostrils therewith; also it

it is exceeding good in the Wind-Colick, or Stitches in the Side, being warmly applied to the Side or Belly, an ounce at a time, for four mornings.

Balsam: That called **Lucatello's**, so highly in esteem for its Virtues, is made after this manner: Olive-Oil three pints, Venice-Turpentine one pound, yellow Wax one pound, natural Balsam two ounces; red Saunders in Pouder, and Oil of St. John's-wort, of each two ounces; Canary half a pint: wash the Turpentine three times in Rose-water, then slice the Wax thin, and place it on the Fire, and being thinly melted, put in the Turpentine, incorporate them well by stirring: then let it stand till the next Day; cut it in thick slices, and let all the Water drain out, and melt it again; put in the aforesaid Oils, Balsam, and Saunders, with the Sack; stir them well together again over a gentle Fire for the space of an hour, that it may become thick; and being cool, use it for Wounds with Gun-shot, Scalds with Lead, Sulphur, Blasting, &c.

Balsam by Dr. Hartman, which cureth green Wounds and a Cut in 24 hours: Take Oil of St. John's-wort, Oil of Earthworms, Turpentine and Mastic, of each one ounce; mix and incorporate them over a gentle Fire, then put it up.

and keep it for use. Apply it warm with a little Lint.

Barberries: These are cooling and astringent, they provoke Appetite, are great strengtheners of the Stomach, which is the reason the Conserve is used so much in Fevers, Loosness and Bloody-Flux, for which it is very good: The inward Bark of the Branches and Root steeped in White-wine, are prevalent in the Cure of the Yellow-Jaundice: A Decoction of the Bark, the Juice of the Berries, or the Juice of the Leaves mixed with Vinegar, cure the Tooth-ach, occasioned by fluxion of Rheums. The Conserve is usually taken with success in Inflammations of the Mouth and Throat; or more expeditiously, if the Mouth be gargled with some of the Conserve dissolved in Vinegar and Water.

Barberries to Pickle: Take the largest Bunches, steep them an Hour or two in warm Water and Salt, then boil up the Water with more Salt, having first taken the Barberries out: when the Liquor is cool, put in a few slices of Ginger, and a little lump of Alom, and then press the Barberries down with a Stone or Slate, cover them close, and keep them for your use. Thus Medlars, Servicees, Grapes, and such-like Things, are pickled to keep all the Year.

Barberries to Preserve: Take

Take the fairest Barberries when they are ripe, stone them, and to one pound of Barberries put two pound and a quarter of double refin'd Sugar; beat your Sugar fine, and lay your stoned Barberries in a Dish, strow some Sugar on them, then rake the rest of your Sugar, and make a high Syrup, with a little Water no more then to wet the Sugar; stamp and strain some other Barberries, take of the clear Juice and a quantity of Sugar to it; when you put in your Barberries into the Candy, at the same time put in the clear juice with the double weight of Sugar to the Juice: boil them as quick as you can, for they will soon lose colour; a little time with quick boiling will do them.

Barberry-Tree, the Virtue: The inward Rind of this Tree boiled in White-wine, and every Morning a quarter of a pint of it drank, is very much approved for cleansing the Body from cholerick Humours, and freeing it from such Diseases as Cholera causeth, viz. Scabs, Itch, Tetters, Ring-worms, Yellow Jaundice, Boils, and the like. It is also excellent for Agues and Burnings, scalding Heat of the Liver, and the Bloody-Flux. The Berries have the same Virtue.

Barly: This is a common Grain amongst us, and of great use in many Cases;

many of its Virtues are known but to a few. It is too well known to need a Description.

Its Virtues; The Meal of Barly boiled in Honey and Spring-Water, resolvethe all Inflammations or Imposthumes; with Rosin, and Pigeons-Dung, it ripeneth all hard Swellings; with Melilot and Poppy-seeds, it easeth Pains in the Sides; applied Poulitewise pretty hot, and mixed with bruised Quinces or Vinegar, it easeth the Inflammation of the Gout in the Legs or Feet: The Ashes of burnt Barly mixed with Olive-Oil, is very good for Burns or Scalds.

Barly-Broth: Take French Barly boiled in several Waters, and to a pound of it, put three quarts of Water, boil them together a while with some whole Spice, then put in as many Raisins of the Sun, and Currans as you think fit; when it is well boiled, put in Rose-Water, Butter and Sugar, and so eat it.

Barly-Posset: Boil half a pound of French Barly in three pints of Milk, boil it till it is enough, then put in a pint of Cream, some Mace and Cinnamon; sweeten it with fine Sugar, and when it is just warm, pour in a pint of White-wine, froth it up, and eat it with a Spoon; or press out the liquid part, and drink it.

Barly-Pottage: Take a pound

pound of hul'd or pearl'd Barly, cleanse it well from Husks, put it into 2 quarts of milk to steep, and boil it a little; when it is pretty well boiled, put in a quart of Cream, an ounce of Salt, some Mace, a little Stick of Cinnamon broken in small pieces; and when it is thick enough, scrape some fine Sugar into it, and serve it up.

Basil (Garden): This comforts the Heart, and expels Melancholy, moves the Courtes, and cleanses the Lungs.

Take Juice of Basil 2 pounds: Oil-Olive, Sheeps-Suet, of each a pound: boil till the watery part is consumed; then add Turpentine a pound: Gum Elemi half a pound, Balsam Copivi 4 ounces, and mix them well; so have you an excellent Balsam for all green Wounds, which if presently applied, cures at the first application. It also eases Pains and Aches, and helps the Gout in any part: and is profitable for old Ulcers, though of long standing. If they be very much pressed, you may add to it upon that occasion to every ounce of the balsam, a scruple or half a dram of fine Verdigrise.

There is another sort, called *Wild Basil*, which forces the Courtes and the Birth, and removes Melancholy, being bruised and infused in Wine.

Bastings of Beets or Fowls: (1.) Clarified Suet. (2.) Fresh Butter. (3.) Minc'd Sweet-herbs, Butter and Claret-wine; and this last is

excellent for Mutton or Lamb. (4.) Water and Salt. (5.) and especially for a Flayed Pig, Cream and melted Butter well beaten up together. (6.) Yolks of Eggs, Juice of Oranges, and grated Bisket: And if this be intended for large Fowl, as Bustards, Peacocks, or Turkeys, you may use the same.

Bath for the Legs: For Diseases in the Legs make this Bath, Take Sorrel and Fumitory, of each two handfuls, Nep one handful, Barly, Bran and Lupins, of each half a handful, and a like quantity of Violet and Mallow-Leaves; white and black Ellebor; of each an ounce, Honey two ounces, let them boil in a sufficient quantity of Water till the third part be consumed, and then bath the Legs with it very warm. It is good for Sores, Scabs, Botches, Boils, and Aches, and the Gout.

Bay-Tree: The Decoction of the Leaves, Bark and Berries of this Tree, makes an excellent Bath for the Diseases of the Womb and Bladder: The Oil of Bayberries is very useful in cold Diseases of the Nerves and Joints. The Electuary is frequently used in Clysters to expel Wind; it also eases the Pains of the Colick; and in like manner does the Decoction of the Berries in Ale or any dulcified Liquor.

Bdellium: To make the Tincture of it, Take Bdellium in

in Pouder, one ounce, Spirit of Wine sixteen ounces, mix, digest, and extract a Tincture, which keep for use. This, as the Gum, eases the Colick, provokes Urine and the Terms, expels the Afterbirth, and is Traumatick and Vulnerary: The Dose is from one dram to a dram and a half.

A Balsam against a Fellon: Take Sheeps-Suet 4 ounces: Oil-Olive 2 ounces; Turpentine, Bdellium in fine Pouder of each one ounce, melt and mix them, and apply it, it draws, eases the Pain, heals, and perfects the Cure alone, without any other application.

Beans French; See French Beans.

Beef Mamode: To make the best way: Take of the Fillet of Beef and the lean of Pork, shred them together and season it; then take Bacon and cut it into big Lardons, rowl them in Pepper and Salt, and lay them between the Meat in the Stew-pan, and let it stew easy in its own Broth, and it will be exceeding short and tender; and will tast like Venison. You may also make an excellent Pye or Pasty of this; putting Butter upon it.

Beef to Collar: Take the Flank, and when you have taken out the Sinews, the more skinny part, and some of the Fat, put it into as much Water and Salt as will cover it; let it steep three Days, then

hang it to drain in the Air, and dry it with a Linnen-Cloth; Mince Tops of Sage, Rosemary, Marjoram, Savory, and Thyme shred small, get a quarter of an ounce of Mace, half a quarter of an ounce of Cloves, a slice of two of Ginger, half an ounce of Pepper, and some Salt, rowl them up in it, bind it up well, and put it into an Oven and bake it.

Beef-Pye: Take the Buttock of a Fat Ox, slice it thin, mince it small, and beat it in a Mortar to a Pasty, then lard it very well with Lard, and season it with beaten Spice, then make your Pye, and put it in with some Butter and Claret-Wine, and so bake it well; and serve it in cold with Mustard and Sugar, and garnish it with Bay-Leaves.

Beef to Souce: Take the Buttocks, Cheeks, and Briskets of Beef, season any of them four Days with Pepper and Salt, rowl them up as even as you can; boil them in a Cloth ty'd fast about, in Water and Salt; and when it is pretty tender, put it into a Hoop-frame to fashion it round and upright; dry it in some smoaky Place, or in the Air, and cutting it out in Slices, serve it up with Sugar and Mustard, observing before you dry it, to souce it in Water and Vinegar, and a little White-wine and Salt.

Beet is hot and dry : It loosens the Belly, and the Juice snuffed up the Nostrils, occasions sneezing, and purges the Head : The Leaves boiled and eaten with Vinegar, create an Appetite : They extinguish Thirst, and suppress Choler in the Stomach. The Juice of this Herb snuffed up into the Nostrils, gives ease to an inveterate Head-ach.

The Juice of Beets is a good Erhine, and being for some time snuffed up the Nostrils, clears the Head of all manner of stuffings, and brings away the Matter which is the Cause of Apoplexies : and if any one be seized with an Apoplexy, it is good to Syringe it up the Nostrils, and when the Fit is off, to use it Morning and Night, for 30 or forty Days, for by that means in a Partil Apoplexy, the Morbifick Matter is fully brought away, and the Patient perfectly cured.

Benjamin : This is an odoriferous, fragrant, and well scented yellow Resin, or Gum, very much used among the Perfumers ; it attenuates, and is pectoral, used chiefly inwardly against Catarrhs, Coughs, Colds, Asthma's, Obstructions of the Lungs : It purges the Brain by sneezing, and likewise fortifies the Heart, and resists malignant Humours, being taken in Wine, &c.

Benjamin Spirit : Put one Pound of Benjamin in a Cucurbit of glass, and distill

it in *Balneo Maria*, or a Sand-Furnace, and there will first come over a clear Liquor, which will have the odoriferous Scent of Benjamin.

Benjamin, a Tincture : Take of Benjamin three ounces, Storax half an ounce, let them be powdered grossly, put them into a Matrass or Bottle, so that either of them may be but half filled, then pour on them rectified Spirit of Wine, stopping them close, and covering the Vessel with warm Horse-Dung ; so let the Materials digest for fourteen Days, then filter the liquid part, and keep it close stopp'd in a glass Viol, and you may, if you please, add five or six drops of Balsam of Peru, to give it the better Scent.

This wonderfully whitens the Face and Hands, and is an excellent Wash to take away Spots or any Deformities ; but you must not put above a dram of it into four ounces of Water, which is sufficient to turn it to the whiteness of Milk, and then it is called by the Beautifiers, *Lac Virginis*, Virgins Milk.

Bezoartick-Balsam : Take distilled Oil of Rue, of Citrons, and of Oranges, of Lavender, and Angelica, of each half a scruple ; Oil of Amber rectified five drops, Camphire four grains, Oil of Nutmegs half an ounce : make these into a Balsom by bruising and well incorporating over a gentle Fire.

It is good in Pestilential Airs, and apoplectick Fits, or any disorder of the Brain.

Bezoartick-Powder, is a very highly esteemed thing, and excellent against all sorts of Poisons and Venoms ; for it fortifies and defends the noble Parts, and expels the Malignity by Sweat, or by insensible Transpiration. The Dose taken in Sack, or some other Cordial-Wine or Water, is from a scruple to a dram.

Bezoar-Stone : The use of this is excellent in all pestilential Distempers, being a rare Cordial to fortify and strengthen the Heart in any Plague or pestilential Fever : Take a scruple or more in a spoonful of Carduus, Bugloss or Borrage-Waters, and keep your self moderately warm Morning and Evening.

Our Bezoardick-Water, in our Phil. Medicinæ, cap. 2. Take Mithridate 6 pounds : Virginia Snake-Root, Contrayerva, Zedoary, of each 6 ounces : Cloves, Mace, Nutmegs, Cubeb, Cardamom, Caraways, Bayberries, Juniperberries, Gentian, Winters, Cinnamon, Jamaica-Pepper, Black Pepper, Ginger, of each three ounces : Saffron, Clove-stem, Limon-pells, Orange-pells (the yellow only) of each 2 ounces ; Rosemary and Lavender-flowers, Angelica, Bawm, Mint, Pennyroyal, Sage, Savory, Thyme, Sweet-Marjoram, of each three handfals : Spirit of Wine, three Gallons, bruise what are

to be bruised, and digest all together for 14 Days ; then put thereto White-wine 4 Gallons ; distil all in an Alembick with a Refrigeratory, and draw off three Gallons of pure Spirit, which reserve : then, Change the Receiver, and draw off two Gallons more, which make into a Syrup with treble refined Sugar, to which add the first distilled Spirit, shake them well together, and let them stand till they are fine. It is good against Poyson, Plague, spotted Fever, Small-Pox, Measles, and all sorts of Malign Fevers, cures Bitings of all sorts of Serpents, and other Venomous Beasts ; comforts the Head, Brain, Stomach, Nerves and Bowels, by warming them, strengthens the internal Faculties, causes a good Appetite to Food, and a strong digestion, eases the Colick, and helps fainting and swooning Fits, as also Sickness at Heart and Stomach, restoring the decays of Nature. It is a very great Cordial, good against Sadness and Dejection of Mind, revives all the Spirits, and makes merry a sad and drooping Heart. It is good against Head-achs, Megrims, Vertigo's, Lethargies, Dulness, Drowsiness, Palsies, Apoplexies, &c. Dose 2 Spoonfuls or more, now and then upon any Illness, or other occasion. It is good against Surfeits, Coughs, Colds, Catarrhs, &c.

Wifopl, or Twanblade : This

This small Herb growing up from a Root that has something of a sweet Savour in it like Garden-Musk, is good, being bruised or applied to green or old Wounds; and also for Ruptures, the Herb being applied Poultice-wise when the Parts are well trusted up.

Bilberries: These made into a Syrup, are cooling and astringent, allay the Heat of the Stomach, and quench Thirst.

Birch-Bark: It is bituminous, and therefore mixed with Perfumes, it renders a wholsom Air in such Places as it is burned. The Fungus, or Mushroom, of it has an astringent quality, so that it very strangely stops Bleeding. The Tree being pierced in the Spring before the Leaves come forth, yields a very wholsom and nourishing Liquor against the Dropsie.

Birch-Tree-Leaves: These are hot and dry, cleansing and resolving, opening, and bitter, for which Cause they are much available in Dropsies, and the Scurvy, and taking away the Scurf and Deformities from the Skin, and the decoction of them in Water or White wine is very good to wash old Sores or Breakings-out in any Part of the Body.

Birds-foot: This is of a drying quality, and therefore used successfully in Drinks or

Potions to be given for Wounds, as also to be applied outwardly. It also helpeth Ruptures, being taken inwardly.

Bisket: To make Bisket the best way, Take half a peck of Flower, four Eggs, half a pint of Yest, an ounce and a half of Anniseeds; make these into a Loaf with sweet Cream and cold Water; fashion it somewhat long, and when it is baked, and a Day or two old, cut it into thin slices like Toasts, and strew them over with powdered Sugar, dry it in a warm Stove or Oven, and sugar it again when dry; and so do three or four times, and so put them up for use.

Bisket (Naples): See Naples Bisket.

Bistort the Greater: This is cooling and drying, the Root is harsh and astringent, being mostly used to stay Vomittings, and to prevent Abortion, &c. The Powder of the Root mixed with Conserve of Roses, prevents spitting of Blood, as also the Bloody-Flux: It stops the immoderate Courses and the Powder sprinkled on fresh Wounds, stays Bleeding.

Take of the Roots of Bistort and Tormentil, of each an ounce; of the Leaves of Burnet, Wood-sorrel, and Meadowsweet, of each a handful; burnt Harts-horn an ounce: boil them in three pints

pints of Spring-water to the Consumption of a third part; then add three ounces of Red Roses, strain the liquid part, and take six spoonfuls a Day if you see convenient.

For Spitting Blood, or Inward Bleeding, Take Bistort in fine powder, Catechu in powder, Jesuits Bark in powder, Henbane-seeds bruised, of each 2 ounces; choice good Brandy a quart, mix, digest ten or twelve days, shaking it once or twice every day; then let it stand and settle 2 days, after which pour off the clear Tincture for use. Dose one spoonful, and upon extremity two spoonfuls, Morning and Night, in a Glass of Ale, or Allcant Wine.

Bistort-Water: It is excellent in making the white Porion for a Gonorrhoea, and the Whites in Women: The fresh Root made into a Cataplasim, eases the Pain in the Gout. The Herb is cold, dry and astringent, stays fluxes in the Bowels, also Vomitting, and brings a disordered Body into a good Temper and Habit.

The White Potion is thus made: Take Strasbough-Turpentine two ounces; Yolks of three new-laid Eggs; mix them together by grinding in a Mortar, then take New Milk three quarts, sweeten it with fine white Sugar three quarters of a pound; the Sugar being dissolved, mix the Milk with Turpentine and Eggs, and it is done: This cures the Running of the Reins, (after due purging) by taking half a pint of it every

Morning, Noon and Night for some few days.

Biting by a Snake, Adder or Mad Dog: Take Scordium, Angelica, Rue, Centaury the Less, of each a pugil; Butter-Burr half a pugil; Root of Elecampane half an ounce; a Clove or two of Garlic: beat all well together, and squeeze out the Juice, to which add Mishridate a dram and half: mix, dissolve, and drink it up for a Dose, which repeat Morning and Evening for a Week, if it be the biting of a Mad Dog.

Black-Bird: If she be thick and hard in the Vent, then she is Fat; and if Limber-footed, then new kill'd; but if thin in the Vent, and dry, then she is both Stale and Poor.

Black-Puddings: To make these the best, and far exceeding the common way, Boil the Umbles of a Hog tender, take some of the Lights with the Heart, and all the Flesh about them, taking out the Sinews, and mincing the rest very small; do the like by the Liver: add grated Nutmeg, four or five Yolks of Eggs, a pint of sweet Cream, a quarter of a pint of Canary. Sugar, Cloves, Mace and Cinnamon finely powdered, a few Carraway-seeds, and a little Rose-water, a pretty quantity of Hogs-fat, and some Salt: roul it up about two Hours before you put it into the Guts, and then put it into them after you have rinsed them in Rose-water.

D Bla-

Blamanger to Make: Take a Capon, either boiled or roasted, and mince it small; then blanch a pound of Almonds, and beat them finely till they become a Past; beat the minced Capon among it with some Rose-water, mingle it with Cream, and ten Whites of Eggs, and grated Manchet: then strain all the foresaid things with Salt, Sugar, and a little Musk, boil them in a clean Pan or broad Skillet to the thickness of Pap; stir it continually in the boiling, and being boiled strain it again, and serve it according to what form or fashion you please.

To make your Past into quaint devices, Take a quart of fine Flower, a quarter of a pound of Butter, and the Yolks of four Eggs; boil your Butter in fair Water, and put the Yolks of eight Eggs on one side of your Dish, and make up your Past quick and stiff, but not too dry.

Blamanger another way: Take half a pound of fine feared Rice-flower, put to it a quart of Morning-Milk, set a broad Skillet, and strain them into it, set it on a gentle Fire, and stir it with a slice; and when it is a little thick, take it from the Fire, and put in a quarter of a pint of Rose-water; set it to the Fire again and stir it well, and in stirring, beat it to the sides of the Skillet, and when it becomes as thick as Pap, take it off, and put it

into a fair Dish, and when it is cold, lay three slices in a Dish, and scrape on Sugar.

Blisters to Draw: If any would draw a Blister well and effectually, there is nothing like the Emplastrum Epispasticum, or Blistring Plaister of the Shops, which is made of Melilot Plaister 2 ounces; Turpentine 1 ounce; Burgandy-pitch with 3 drams, mixed together, to which is added one ounce of Powder of Cantharides, the Heads, Legs and Wings being cast away: You may apply it at Night going to Bed, and let it lie 12 or 14 Hours, according to the nature of the Part it is applied to, for in some fleshy places the Blister will rise in some Hours less time than it will in others less fleshy. In drawing of Blisters with Cantharides, some tender Bodies are apt to have a pissing of Blood withal, at least a vehement heat and scalding of the Urine, and great sharpness and pain in making Water: The only Remedy for this Inconvenience, is to drink largely and plentifully of Barly Milk, made of hull'd Barly boiled in Water (casting the first Water away) adding to it when boil'd a double or trebble quantity of Milk.

Blites: This Herb eaten as a boiled Sallad, loosens the Belly, cools Heats of the Stomach and Bowels; The Juice, which may be taken to four ounces, provokes gentle Vomits. A Syrup made of the Juice is very cooling, and allays the Heat of the Blood, abates

abates the Heat of violent burning Fevers, and a Saline Tincture of it opens Obstructions, cools the Reins and Bladder, provoking Urine.

Blood extravasated: Grate or rasp the Roots of well grown Burdocks into a fine Powder, spread it on a Linnen Cloath, bind it quite round the affected Part, and renew it twice a Day.

Blood-spitting: This is beyond all. Take Catechu in fine Powder 2 ounces; good Brandy a pint, or better: mix them, and in 24 Hours you will have a deep Tincture, of the clear of which you may give the Patient a large spoonful at a time in a glass of Ale, or Red Wine every Morning fasting, an Hour before Dinner, and at Four in the Afternoon; and at Night going to Bed, let them also take 2 or 3 grains of my Volatile Laudanum, if the Bleeding is much, or very extream.

Blood to Stanch: Take Hungarian Vitriol and Alom, of each half a pound, Phlegm of Vitriol ten pounds, boil them till the Vitriol and Alom are dissolv'd; and being cold, filter them through a brown Paper; and if any Crystals shoot, separate the Liquor from them, adding to each pound an ounce of Oil of Vitriol: Dip a Cloth into this liquor, and apply it to the Part affected.

Blood to Sweeten: Take of the best and clearest Red

Coral an ounce, reduce it (by grinding it very well on a Stone or Porphyry) to an impalpable Powder: Take a dram at a time of this Magistrery made without Acids, as long as you find you've occasion.

This Powder being taken, destroys all Preternatural Acidities of the Humors, which cause the Scurvy, Dropsie, Gout and Scabbiess; besides, it cures heart Burnings upon the Spot.

Blew-Bottles: The distilled Water of the Flowers give help in the Inflammations of the Eyes, and in drying up and healing putrid Ulcers: The Powder of the Flowers taken inwardly, are very effectual in the Jaundice.

If you would have this Water keep without growing musty, or having a myther upon it; you must put to every quart of it six ounces of good Brandy; and notwithstanding the Spirit, it will do yet more good in an Inflammation of the Eyes.

Body-bound: To remedy Costiveness, boil in a large Portinger about a handful of the Leaves of Common Mallows, and let the Party sup them up before Meals.

For a Costive Body there are but few Medicines equal to Sal Mirabile, which may be given from half an ounce to an ounce, dissolved in a Glass of Warm Water: It works gently, and without griping. Or you may at Bed-time take 10 grains of our Cathartick Laudanum, it loosens

the Body, and gives a Stool or two, sometimes more the next day in the Afternoon.

Sole Armonack: To prepare this, you need no more then moisten it with May-dew, or any other Dew not too gross, and dry it in the shade.

Rain-Water will do as well, and then you may give it from a Scruple to half a Dram, gainst Heart-burnings, and Vehement Pains of the Stomach.

Sororage: This is one of the four Cordial-Flowers, it comforts the Heart, cheers Melancholy, revives the fainting Spirits, and purifies the Blood: The Water of it is good for Inflammations of the Eyes, and for Fevers; and the like virtue has the Conserve made of the Flowers: The Conserve of the Flowers mixed with Wine, opens Obstructions in the Female Sex.

Sore Throat! This is usually meant of the Parts of a wild Bore, though it will indifferently serve for any: Take the Leg, season it very well, and then lard it with Lard seasoned with Nutmeg, Pepper, and beaten Ginger; lay it, the Bones being taken out, in a Pye with fine, but strong thick Crust; then sprinkle it over with the forementioned Spices and Salt, putting a few whole Cloves and Bay-Leaves on it, with large slices of Lard, and store of Butter: and being baked, liquor it with

sweet Butter, and stop up the vent; and if you would have it keep long, bake it in an earthen Pan, and filling it up with Butter, it will, if it be not set in a very moist place, keep a whole Year; or before you put the Flesh into the Pye, you may lay it in soak two Days, then parboil it, and bake it in all Points seasoned as before.

Wor-Leaves: Dry them and powder them; then take from one dram to one and a half: They purge gently; so does the Decoction of an ounce and a half of them in Whey, or some such like Liquid.

Wamble = Berries, or, **Black-Berries:** The Berries not quite ripe, are very astringent: A Decoction of them, heals sore Mouths, and allays the Heat of Fevers.

After a due Cleansing, this Decoction is good to stop Fluxes of all kinds: but you must give it thus, Take of this Decoction half a pint; of good Brandy two ounces: mix it for a draught to be given 3 or 4 times a day.

Brawn Broiled: Cut a Collar of Brawn into slices, and lay it on a Plate in an Oven; and when it is broiled enough, serve it up with the Juice of Oranges, Pepper, Gravy, and beaten Butter.

Brawn of a Pig: Let not your Pig be any way spotted, yet pretty large and fat, and being scalded, draw and bone it whole, only the Head being cut

cut off; then cut it into two Collars overthwart both the sides, and being washed, soak them in Water and Salt two Hours; then dry them with a clean Cloath, and season the inside with minced Lemon-peel and Salt; roul them up even at both ends, and put them into a clean Cloath, bind them about very tite, and when the Water is boiling, put them in, adding a little Salt, keeping the Pot clean scummed, and when they are sufficiently boiled, hoop them, and keep them in an even Frame; and being cold, put them into a souced Drink made of Whey and Salt, or Oatmeal boiled and strained, and then put them into such a Vessel as you can conveniently stop up from the Air.

Brawn to Souce: Take a fat Brawn about three Years old, and bone the Sides, cut the Head close to the Roots of the Ears, and cut fine Collars of a side Bone, and hinder Legs, an inch deeper in the Belly than on the Back, bind them up equally at both ends, soak them in fair Water and Salt a Night and a Day, put them into boiling Water, keeping the Pot continually scum'd; and after the first quick boiling, let them boil leisurely, putting in Water as it boils away, and so lessening the Fire by degrees, let them stand over it a whole Night, then being cut between hot and cold, take

them off into Moulds of deep Hoops, bind them about with Packthread, and when they are cold, put them into Souce-drink made of Oatmeal ground or beaten, and Bran boiled in fair Water; being cold, strain it through a Sieve, and putting Salt and Vinegar to it, close up the Vessel tite, and so keep it for your use.

If you would have this Pickle to continue good, and preserve your Brawn through the whole Year, you must put Spirit of Wine, or choice Brandy to it, a quart to every three quarts or gallon of Souce-drink: I have proved it, and it does admirably, nor will the Brawn tast at all of the Brandy: It is a Secret in all sorts of Souce-Drinks and Pickles, worth knowing.

Bread, the French way: Take four pound of Wheat-flower very fine, a pint of new Ale-Yeast, beat the Whites of six new-lay'd-Eggs, mingle them together, adding three spoonfuls of Salt finely beaten, then so much Milk and fair Water, an equal quantity, as will make it into a Dough, so that it may be pretty stiff: and having worked it well that it becomes of an even mixture in all Parts, cover it with a wooden Tray pretty warm, and when the Oven is prepared for receiving it, make it into Rouls, or as you please, and when it rises and begins to look brownish, take it out, chip off the Crust

whilst it is pretty hot.

Bream Stewed: Scald, and Wash him well, preserve his Blood, in which you must Stew him, by adding thereto Claret. Two slices of Raced Ginger, the Pulp of three quarters of a pound of Prunes, boiled and strained into the Broth; Vinegar, Salt, and an Anchovie or two; some sweet Herbs with Horse-Raddish-Root, stamped and strained: Let not your Fish have more Liquor then will just cover it; being enough, take some Butter, with a little Vinegar, in which the Bream was stewed, beat them up together, then dish up your Fish, pouring the Butter thereon, and garnish your Dish with Barberries, Oranges, and Lemons.

Breading Meats or Fowls: These being divers ways to be done, it is necessary they should be here set down in order to prevent their being frequently mixed, and not readily found upon occasion.

(1.) Flower mixed with grated Bread. (2.) Sweet-Herbs dried and powdered, mixed with grated Bread. (3.) Lemon-peel dried, so that it may be beaten into Powder, or Orange-peel scraped very small, and mixed with grated Bread and Flower. (4.) Sugar finely beaten and mixed with Cinnamon, grated Bread, and fine Flower. (5.) Coriander-seeds, Fennel-seeds, Cinnamon and Sugar finely beat-

en and mixed with Flower.

(6.) For young Pigs, beaten Yolks of Eggs, beaten Pepper, Nutmeg, and Ginger mixed with grated Bread, and a little fine Sugar. (7.) Sugar, Bread and Salt only mixed. This is generally known by the Name of Dredging or scattering over the Fowl, or Meat, whilst roasting, to keep it up to a good colour, and secure the Gravy from too much evaporating by the Heat of the Fire, or running out into the Dripping-Pan.

Breast Pained: This is either occasioned by the emptiness of the Veins, or a pricking caused by virulent Humours: To remove this grief, take a piece of Flannel of a deep blue Colour, so often dip it in the Dye, till it looks as if it were black; anoint the Breast with this mixture, Take Oil-Olive, Sheeps-suet, of each four ounces; Oils of Amber, of Anniseeds, of Rosemary and Juniper-Berries, of each one ounce: mix them, and anoint therewith.

Breast afflicted with Cold: Take Oil-Olive, Sheeps-suet, of each half a pound; melt them together, and add thereto Saccharum Saturni six ounces, mix them and dress therewith twice a day.

This is Better: Take fat Frankincense 8 ounces, Oil of Amber, Oil of Rosemary, of each three drams: mix and make an Emplaster, which lay over the Pit of the Stomack, letting it lie as long as it will stick.

Breast Sore: This comes many

many times through want of Milk, and frequently after Child-birth: To remedy this, Take of Barrows-grease half a pound, yellow Bees-wax an ounce, Gum Elemi five ounces, Venice-Turpentine one ounce; put these into a Skillet with a quarter of a pint of fair Water, and let them simmer over a gentle Fire, scumming off the bubbling Froth, and pour it into an earthen Pan to cool: when it is cold, take it out of the Pan, and scrape off the Dregs or Dross at the bottom; melt it again, and refine it over the Fire, and so making it into Plaisters or Cere-cloths, apply it to the Place grieved.

An excellent thing for this purpose is Emplastrum de Minio, which may be spread upon Cloth, and applied warm, letting it lie as long as it will stick, and then renewing it: but for a Day or two before you lay on the Plaister, let the Breast be bathed very well, Morning and Evening, with the Powers of Amber, and then apply the Emplaster.

Breasts of Women: Womens Breasts, especially after their Lying-in, contract a hardness, and are sore, occasioned by gross Humours fixing there: to remedy this, Take two Turnips, bake them in an Oven till they are very tender, then press out the Juice a little, and mash them in a wooden Dish or Mortar; scrape on them an ounce of Bole-Armoriack, and make them into a

Poultice with fresh Butter; and being layed to the Breasts very warm on a hot Linnen-Cloth, they will take away the Pain.

This Ointment is incomparable to anoint with; Take Sheeps-suet 4 ounces; Oils of Anniseeds and Amber, of each half an ounce: mix them, it will do wonders.

Breath, Shortness thereof to help: Take a quarter of a pound of blue Figs; an ounce of Licorice, Caraways and Anniseeds, of each half an ounce; boil them in two quarts of Ale till a pint be consumed, and then sweeten it with Sugar-Candy: Drink half a pint Morning and Evening.

This scarce ever fails: Take White-Port-Wine 4 ounces; Cinnamon-Water half an ounce: Spirit of Harts-horn a dram and half: mix for a Dose.

Breath to Sweeten: Take the dried Flowers and tops of Rosemary, Sugar-Candy, Cloves and Mace, of each two drams, Cinnamon one dram; dry these, and beat them into fine Powder. About a Dram of this at a time in a new-lay'd-Egg, sucked up fasting Morning and Night, clears the Lungs from offensive Matter, and sweetens the Breath.

Chew in the Mouth these Grains: Take Catechu in fine Powder 2 ounces; Nutmegs in Powder one ounce; treble refined Sugar 4 ounces; Oil of Lemon Thyme two drams; Musk 4 grains; mix, and with Gelly of Gum Tragacanth,

galemb, make a Mass for grains, which dry, to be chewed in the Mouth.

Stone: Lime is excellent in the Scurvy; it, powerfully expels the Stone in the Bladder and Kidneys; it provokes the Courses. For the Scurvy, Take the Juice of Brook-lime, Water-Cresses, and Scurvy-grass, of each half a pint; the Juice of Oranges four ounces, fine Sugar two pound; make a Syrup of it, and take a spoonful of it in your ordinary Drink.

Broken-Belly, or Bursennese: Take Crane-Bill, usually called Columbinum, reduce the Roots and Leaves to a fine Pouder; take about half a spoonful of this Night and Morning for about three Weeks together; walking it down with a spoonful or two of Red Wine or Claret.

You must also have a Truss well fitted to the Belly of the Patient, and Place broken, otherwise all other Remedies will do nothing.

Broom: The Root of this is an excellent Opener, being one of the five opening Roots, and is principally made use of for Obstructions of the Liver, the Urine and the Courses.

The Affair of Bees, infused in Ale, and that Ale drunk in daily Drink, is an excellent thing against the Dropick, chiefly the Dropick Affair: you may put a pound of the Affair into two Gallons of Ale.

Broom-Rape: The Herb or Roots of this are to be had Candied, and are very good in the Diseases of the Spleen and Melancholy.

Broth, very excellent: Par-boll two young Cocks, the Legs and Wings being cut off; scum the Water you boil them in very clean; then take them out, and wash them in cold Water, and with a pint of Rhenish-Wine, and two quarts of strong Broth, put them into a Pipkin or convenient Vessel, add two ounces of China-Roor, and an ounce and half of Harts-horn, with an ounce of Cloves, Mace, Pepper and Ginger mixed together; season it with a little Salt, and cover the Pipkin close, and set it in a Pot of boiling Water, so that the Water get not into it: let it boil for six Hours, then pour out the Broth, squeeze it into the Juice of Lemons, and serve it. This is excellent to strengthen or restore decayed Bodies after Sickness, and for such as are Consumptive.

Broth, Strong and Savoury made for the Queen on Mornings. Make very good Broth, with some Lean of Veal, Beef and Mutton; and with a Bawny Hen or young Cock. After it is scummed, put in an Onion quartered (and if you like it, a Clove of Garlick) a little Parsley, a Sprig of Thyme, as much Mint, a little Bawm, some Coriander Seeds bruised,

bruised, and a very little Saffron; a little Salt, Pepper and Clove. When all the Substance is boiled out of the Meat, and the Broth very good, you may drink it so; or pour a little of it upon toasted sliced Bread, and Qew it till the Bread have drunk up all that Broth; then add a little more, and Stew; so adding Broth by little and little, that the Bread may imbibe it and swell, whereas if you drown it at once, the Bread will not swell and grow like Jelly; and thus you will have good Potrage; you may add Cabbage, or Leeks, or Endive, or Parsley-Roots, in the due time before the Broth hath ended Boiling, and time enough for them to become tender. In the Summer you may put in Lettice, Sorrel, Purslane, Borrage and Bugloss, or what other Pot-herbs you like; but greep Herbs do rob the Strength, Vigour and Cream of the Potrage.

Broth, Another: Take a Leg of Veal, or other Knuckles of Mutton or Veal, being well soaked in divers Waters, and the Blood dried clean out: put it a Boiling in fair Running Water; keep it scuming during the boiling: when it is almost boiled, you may add a Faggot of Sweet Herbs, large Mace and a little Salt: your Meat may be used for Service, but preserve your Broth in a Pipkin.

Bruiſe to Help: *Bathe the*

bruised Place first very well with the Powers of Amber; which done, apply the following Balsam: Take Sheeps-suet, Oil-olive, of each 4 ounces: Clove-Blomi 3 ounces; Turpentine one ounce: melt and mix them together.

Bruiſe in the Head: Take Rosin, and a little Red-Deer's Suet, Camphire, and White-wine, let them over a moderate Fire till it boll, then strain it and beat it till it comes to an Ointment, over a somewhat gentle Fire, and anoint the Place grieved with it as hot as you can, and chafe it in.

Bruiſe, with great Swelling: Take Hemp, Tow, or Flax, moisten it with Brandy, and spread it over with Honey; then sprinkle Brandy again upon the Honey, and bathing the swelled Part with some Brandy very warm, lay on the other, and it will not only sink the Swelling, but give ease to the bruised part, by dispersing the gathering Humours.

There is nothing better then first to bathe the Place affected with the Powers of Amber, and then to apply Emplastrum Diachylon cum Gummiis, renewing it once in two days.

Bugs to Kill: Take Wormwood, and Rue, of each a good handful, and mix them with common Oil, and put to them as much Water as Oil, that the Oil and Water may cover the Wormwood and Rue; then boil it till all the Water is boiled away; then stir in

strain the Oil out from the Herbs, and mix it with Sheeps-suet as much as the Oil, and put the Bedstead with it, it is an Infalible Remedy.

Bucks-horn. This is a small Plant or Herb growing in barren and sandy Grounds, and comes up with some of its Leaves jagged or sprouting out at the sides, like the Horns of a Buck, from which Allusion, I suppose, it takes its Name. This is a kind of Plantane different from some others, and has a quality of binding and drying. The Decoction in Wine drunk, and the bruised Leaves outwardly applied, ease the Pains, and remedy the Bitings of most venomous Creatures; and the Juice helpeth those that are troubled with the Stone or Gravel in the Kidneys, Bladder, or Reins, and stops Bleeding.

Bugle, its Virtues: Either inward or outward it is a good vulnerary Herb; it is used in the Yellow-Jaundice, and Obstructions in the Liver, Reins and Bladder.

Take Bugle Leaves 6 handfuls, bruise them; Sheeps-suet, Oil-Olive, of each 10 ounces, mix and boil till the Herbs are Crisp: then strain out by pressing: to the thus pressed-forth Liquor, add Turpentine. 8 ounces; Gum Elemi 6 ounces; Wax 5 ounces; mix and make a Balsam; it cures Wounds many times at one dressing.

Bugloss: Take the Juice of Bugloss clarified three pound, White Sugar 2 pound; boil them up to a Syrup. This Syrup cheers the Heart, prevents swooning Fits, and expels Melancholy.

Bullock's-Cheek, the Italian way: Break the Bones so that the Flesh may be as little mangled with them as may be, wash it very clean in shifted Waters, and let it steep three or four hours; then boil it in fair Water with some Bolonia-Sausage, and a piece of interlarded Bacon; and when they are tender boild, dish them up and garnish them with Flowers and Greens and serve them up with Mustard and Sugar in Saucers.

Bullock's-Cheek, to Bake and eat Hot: Take your Cheek and stuff it well with Parsly and Sweet Herbs chop'd, then put it into a Pot with some Claret-wine, and a little strong Beer, and some whole Spice, season it with Salt for your taste, cover your Pot and Bake it, then take it out, pull out the Bones, and serve it up on toasted Bread with some of the Liquor.

Bullock's-Cheek Baked, to eat Cold: Take two fair Fat Checks, lay them in Water one Night, then take out every Bone, and stuff it well with all manner of Spice and Salt, then put it into a Pot, one Cheek clapped close together upon the other; then lay it over

with Bay-leaves, put in a quart of Claret-wine, so cover the Pot and bake it with Household Bread; when you draw it, pour all the Liquor out, and take only the Fat of it, and some melted Butter, and pour in again, serve it cold with Mustard and Sugar, and dress it with Bay-leaves, it will eat like Venison.

Bullock's-Cheek to Stew: Having cleaned, well soaked and ordered them, by taking out the Bones, after you have half-roasted the Meat by an indifferent quick Fire, save the Gravy, and put them into a Pipkin with some Gravy and Claret-wine, also some strong Broth; sliced Nutmeg and Ginger, Salt and Pepper, with an Onion and a Shalot or two; let it stew about two hours, and so with the Materials it is stewed in, serve it up on carved Sippets, and it will be an excellent Dish, worth all your cost and trouble.

Bur of the Meadows: This Herb, or Plant, grows in wet places, most commonly by Rivers and Ditch-sides in Meadows and Marshy-grounds, flowering very early, so that they decay in February or March, before the Leaves appear, which put not out till April. The Sun claims an extraordinary Influence over this; and therefore, as all other Herbs under the Solar Government, it is a great strengthener of the Heart, cheering the

Vital Spirits. The Roots are good against the Plague and Pestilential Fevers, by provoking Sweat, if they be powdered, and taken in a Glass of White-wine. They likewise greatly resist Poyson; being taken with the Pouders of Angelica and Zedoary, they prevent the Rising of the Mother. The Roots boiled in Wine, are good for those that are troubled with Shortness of Breath.

Burnet: This Herb, infused in Wine, cheers the Heart, and renders it very pleasant, by imparting a curious Smell and Taste to it; it preserves against the Plague, and the Bitings of Mad Dogs, and also resists Poysons.

Burnet-Water: Take the Tops of Wormwood, Rosemary and Burnet, Mugwort, Sun-dew and Dragons, Scabious, Agrimony, Carduus, Bettony, Bawm, and the Lesser Centaury, of each a handful; Roots of Angelica, Penny, Zedoary, Tormentil, Liquorice and Elecampane, of each half an ounce: bruise, shred and infuse them with Sage, Rue, Celandine, Marrigold-leaves and flowers, of each a handful, three or four days, in four quarts of the finest White-wine, then distil it carefully. To the distilled Liquor put fresh Burnet twelve handfuls; Sugar 4 pounds: digest 6, 8, or 10 days, then draw off the Liquor,

so will you have an Excellent Burnet-Water. Let the Dose be three or four Spoonfuls at a time.

Uints : For any Burns or Scalds, mingle Lime-water with Linseed-oil, by beating them together with a Spoon; and with a Feather dipt in it, dress the place grieved till you find the Fire is gone: Do this as often as you have Occasion.

Or this, Take Linseed Oil 4 ounces; Saccharum Saturni one ounce; Spirit of Wine, sharp Vinegar, of each an ounce: mix and beat all together, and apply it.

Or, Take a couple of hard Onions, beat them in a Mortar with half a handful of Bay-salt, so apply them. If for Scalding, Take the inner Rind of an Elder-tree, and with Sheep's-dung, of each half a handful, and with Fresh-butter or Oil a pound, make thereof an Ointment, and with it anoint often the scalded place, and the heat will be extracted. You must boil the Elder-bark and Sheep's-dung in the Butter or Oil, till the Bark grows Crisp, then strain hard out by pressing.

Burn in the Eyes : Take a new-lay'd Egg, boil it hard, and apply one of the Whites at a time pretty warm, but not too hot, and keep it on some Hours; then take two or three rotten Apples, beat them to mash, and lay them over the Eye as a Poultice.

Burn or Scald, suddenly made: Take fresh Cows-dung, and Hogs-grease, of each alike part, mix, and incorporate them well together over a gentle Fire, and make it into an Ointment for use.

Burns, or Small-Pox Scars, and Pits to Clear : See Small-Pox Scars.

Burn or Scald : Take Oil of Olives three ounces, White-wax and Searion each two ounces, Sheeps-suet one ounce and an half, Minium and Castle-soap of each half an ounce; Dragons Blood and Camphire of each three drams; mingle and make 'em into an Ointment according to Art: This is a most approv'd Remedy for a Burn or Scald.

Mustard, Peacock, Turkey or Crane-Pye : Bone either of them, Parboil, and lard it with large Lard, then season it with Salt, Nutmeg and Pepper of each two ounces and a half, your Paste being ready, lay in the bottom thereof some Butter, with some beaten Cloves, then lay in your Fowl with the rest of the seasoning thereon with a good quantity of Butter, close it, baste it with Saffron-water, and when baked and cold, fill it up with clarified Butter.

Dr. Butler's Ale. See Ale-Purgings.

Butter, call'd May-Butter : To preserve this, Take the freshest and newest Butter made about the middle or end

of May, put it into a large glazed Earthen-pot, and place it so hot in the Sun, that it may run and melt; then press it through a fine Cloth, and expose it to the Sun again, till it is well carify'd: Take the purer Part from the Setlings, and it will keep all the Year. It supplies and asswages hard Swellings, allaying the Heat and Inflammations of them; cures Breakings-out and Heat, being mixed and made into an Ointment with the Juice of Wormwood and Vinegar, and is thus prepared to mix with divers suppling and mollifying Ointments.

To purify Butter, and make it of a very sweet taste: Melt Butter with a slow Fire in a well glazed Earthen Vessel, (if in Balneo Mariæ it will be better) which put to fair Water, working them well together, and when it is cold, take away the Curds and Whey at Bottom: Do this

again the Second time; and if you so please the third time in Damask Rose-Water, always working them very well together. The Butter thus Clarified, will be as sweet in taste as the Marrow of any Beast, and keep a long time, by reason its great Impurities by this means are removed, the dross, faces and impurities being near a quarter of the whole.

To make Parsly, Sage, Savoury Thyme, or Limon Thyme, Butter. When the Butter is newly made, and well wrought from its Water, Milk, and Wheyish parts, mix therewith a little of the Chymical Oils of Parsly, or Sage, or Savoury, or Thyme, or Limon-Thyme, so much till the Butter is strong enough in Taste to your liking, and then mix them well together, this will excuse you from eating the Plants therewith: and if do this with the aforesaid Clarified Butter, it will be far better, and a most admirable Rarity.

Chester : To make a Pill for the Cure of them, Take of Trochiscs of Alhandal half an ounce; Myrrh, choice Aloes, and Galbanum, of each three drams: Scammony, Jallop, and white Agarick, of each one dram and a half; Oil of

Nutmeg, one dram; Oils of Amber, Cinnamon, and Cloves, of each six drops; Extract of Juniper, as much as is sufficient to make them up into Pills.

These are very much recommended for the Curing of the Quartan Ague, Jaundice, Dropic, and the Retention of the

the Courses. The weight of these Pills must be but three grains apiece, and 4 or 5 may be taken at a time; but be careful to keep your Body warm, and in good order, three or four hours after.

Cake: Take two Whites of new-lay'd-Eggs, cut off the Sperme or String, beat them as long as you can, put in a quarter of a pound of White flower, and as much Sugar pounded, work it all well together, then put to it about two penny-worth of Aquavite, and a little Coriander in Powder, let all be well mix'd, then lay it upon a fine Paper about as big as a Plate, or thereabouts, sprinkle it with Sugar, and let it be baked.

Cakes Excellent: Take four quarts of Fine Flower, two pound and a half of Butter, three quarters of a pound of Sugar, four Nutmegs, a little Mace, a pound of Almonds finely beaten; half a pint of Sack, a pint of good Ale-Yeast, a pint of boil'd Cream, twelve Yolks and four Whites of Eggs, four pound of Currans: when you have wrought all these into a very fine Past, let it be kept warm by the Fire half an hour before you set it into the Oven; if you please, you may put into it two pound of Raisins of the Sun, stoned and quartered. The Ice for this or any other Cakes, Take the Whites of three new-lay'd-Eggs, and three quarters of a

pound of fine White Sugar finely beaten, beat it well together with the Whites of Eggs and ice the Cake; if you please, you may add a little Musk or Ambergrease. Let your Oven be of a Temperate Heat, and let your Cake stand therein two hours and a half before you ice it, and afterwards only to harden the Ice.

Cakes Small: Take three pound of very fine Flower, one pound and a half of Butter, and as much Currans, and as much Sugar, seven Eggs. One half of the Whites taken out, and knead all well together into a Past, adding one Nutmeg grated, and a little Rose-Water, so make them up about the bigness of your Hand, and bake them upon a Plate of Tin.

Calves-Chaldron-Pye: Mince your Chaldron small, boil it tender; when cold, put to it some small pieces of Lard, some Yolks of hard Eggs chop'd grossly; add thereunto some Mutton and Lamb cut into small Gobbets, with Goosberries, Grapes or Barberries, then season it with Salt, Nutmeg and Pepper, and fill your Pye therewith, laying on it some pieces of interlarded Bacon and Butter, close it up, and when baked, liquor it with Butter and White-wine.

Calves-Foot-Pye: Take Calves-feet, boil them very tender; then take out the Bones, and mince them small: do the like by two pound of Beef-

Beef-suet; then add a quarter of an ounce of beaten Cloves and Mace, Lemon-peel small shred; a quarter of an ounce of beaten Cinnamon and Nutmeg; and strew over all a little Pepper and Salt finely beaten together. And to any of these Pyes you may, if you think convenient, put in this following Caudle when they are bak'd, viz.

A quarter of a pint of White-wine, half as much Verjuice, a blade of whole Mace, the Yolks of three Eggs, a quarter of a pound of Sugar, and as much Butter; beat them up well, and strain out the thinnest part, and so put it into the Pye as it is just going to be served up at the Table, and it gives a curious flavour and relish: you may likewise scrape fine sifted Sugar over the Lid and so serve it up.

Calves-Head-Pye: Boil your Calf's-Head till the Meat will come from the Bones; then cut it into thin slices; then take half an ounce of Nutmeg, as much Cloves and Mace, half an ounce of Cinnamon, half a pound of Dates sliced thin, a pound of Raisins, a quarter of an ounce of whole Mace, the Marrow of four Bones, the Yolks of six Eggs hard boiled, cut them in halves, and then take half a pound of candied Lemon-peel and Citron, a handful of pickled Barberries and Lemons sliced thin, a pound of Butter, and so bake it pretty well.

Calves-Head-Pye with Oysters: Order the Head as the former, season it with a quarter of an ounce of Pepper, two large Nutmegs, and a quarter of an ounce of whole Mace; put in six Cloves of Shalots small minced, two quarts of Oysters, and on the top and bottom lay two pound of Butter; lay on four Anchovies mixed, or in small streaks, and over these pour half a pint of White-wine.

Calmoock, or Beshbar-zom: The Powder of this Root drank in White-wine, with the Juice of Lemons, is excellent in the Stone or Gravel in the Reins or Bladder, especially when the Ureters or Conduits, through which the Urine should pass, are obstructed: And (according to the Testimony of *Matthioli*) a certain Man having used the Powder of this Root for many Months, cured himself of a Rupture. The Decoction also of this Root, and Water which hath been distilled from it, provoke Urine, and removes Obstructions in the Reins and Bladder.

To make the Distilled Water, You must take four pounds of the Rinds of the green Roots, cut them very small, and infuse them in a gallon of Malmsey or Mallaga, and then set them over a gentle heat: Distil them in a glass Alembick in Balneo Mariæ, and you will have pleasant Water fit for

for the aboveſaid Uſes.

Capon Baked in Paſty-Pan: After he is roaſted and cold, Take the Fleſh from the Bones and ſlice it; but preſerve the Thighs and Pinions; add to the Fleſh of your Capon four Sweet-breads, half a pint of Oysters, three Lambſtones, and ſeaſon them all with Nutmeg, Salt, Cloves, Mace, minced Thyme, Sweet-Majoram and Pennyroyal; lay into your Paſty-Pan a ſheet of Paſt, and in the Bottom thereof lay your Thighs and Pinions; and upon them ſtrow a minced Onion, on theſe lay your Fleſh, and upon it the Sweet-breads and Lambſtones, and Oysters cut into halves, over all a handful of boiled and blanched Cheſnuts, put Butter on the top, and cloſe your Pan; when it is baked, ſtir it over with Claret-Wine, ſtrong Broth, Gravy, drawn Butter, Anchovy diſſolved with a grated Nutmeg, garniſh it with Slices of Lemon. The ſame manner you may bake a Turkey.

Capon Boiled and larded with Lemons: firſt ſcald your Capon, and take a little duſty Oatmeal to make it look white, then take three Ladlefuls of Mutton-Broth, a Faggot of Sweet-herbs, two or three Dates cut long in Pieces, a few Parboiled Currans, a little whole Pepper, a piece of whole Mace, and one Nutmeg, thicken it with Almonds, ſeaſon it with

Verjuice, Sugar, and a ſmall quantity of Sweet-Butter; then take up your Capon, and lard it with thick and preſerv'd Lemon, and then lay your Capon in a deep Diſh, for boild Meats, and pour the Broth upon it: Garniſh your Diſh with Sippets and preſerv'd Barberries.

Capon to Cream: The beſt way is to take Barly-meal ſifted and mix it with New-Milk, make it into a ſtiff Paſt, then make it into long Creams, or Rouls, biggeſt in the miſt, ſmall at both ends, and then wetting them in lukewarm Milk, give the Capon a full gorge three times a day, Morning, Noon and Night, and he will in two or three Weeks be Fat enough.

Capon to Filagasse: A Capon to be Frigaſſed, muſt be either Boiled or Roaſted, which you muſt Carve up, taking the Pinions from the Wings, and the Brawn from the Joint, as they lie in the Diſh: thus Carv'd up to lie orderly in the Pan, put to them the Yolks of five Eggs, with ſliced Nutmeg, and minced Thyme: being thus all in the Diſh, mingle them well together, and put them into your Pan with clarified Butter half hot, and Fry them till they are yellow, then turn them: after this take ſome White-wine with the Yolks of three Eggs, a little ſtrong Broth, Gravy, an Onion cut in

in quarters, Anchovies, and a little Nutmeg grated; then pour out what Liquor is in your Pan, and add to it a ladleful of drawn Butter; then put this Lair into your Pan, and keep continual ſhaking it therein over a ſlow Fire, till it grow thick; if it ſhould prove too thick, you may thin it with White-wine; then diſh up your Fowl, and pour in your Sauce, and ſerve it up, garniſh'd with hard Yolk of Eggs chopt ſmall, and Slices of Lemons.

Capon to know: If alive, will have a fat thick Rump, and a fat thick Belly, a fat Vein under her Wing on the one ſide of her Breſt; and if ſhe be young, will have a ſhort Spur, and a ſmooth Leg; but if ſhe be old, a ſharp Spur; but have a care the Spur be not cut, par'd, or ſcraped leſſer, but if you miſtruſt it, do but pinch it upon the Breſt with your Thumb, and if your Thumb goeth in eaſie, then it is young; but if hard, then it is old; if ſhe be pale about the Head, and have a ſhort Comb, then ſhe is young; but if red about the Head, then ſhe is no clean Capon.

Capon to lead Chickens: The way to make them take the Charge, is, with a fine ſmall Bryar, or elſe ſharp Nettles at Night; do but ſting all his Breſt and nether parts; then in the dark ſet the Chickens under him; the warmth or

heat taketh away the ſmart, ſo he will fall in love with them; and whenſoever he proveth unkind, you muſt ſting him again; this will make him never forſake them; he is very uſeful by reaſon his Body is large, and will eaſily cover 30, or 40 Chickens, Ducklings, Turkeys, Pheasants or Partridges, and defend them from Kites and Buzzards better than Hens.

Carbuncle: Take Salt well beaten to Pouder, ſift it, and incorporate it with the Yolk of an Egg; and applying it, it will draw away the Venom, and offensive Humours, break any Boil, or Plague-ſore, and contribute much towards the healing of it.

You ought to decrepitate your Salt in a Crucible over a naked fire, before you make it into Pouder, and then reduce it to a fineneſs in a hot Iron-Mortar: and the Yolks of the Eggs ought to be boiled hard. This done, Take Yolks of four Eggs; Salt in fine Pouder, four ounces; Pouder of Bayberries, Pigcons-Dung, Strasbourgh-Turpentine, of each two ounces: Camphire in Pouder, Sal Armoniack, of each an ounce; mix and make a Cataplaſm or Pulviſe, and apply it.

Carp to Roaſt: Make a Pudding of Almond-paſte and Cream, grated Bread, Nutmeg, Currans and Salt; and when the Carp is drawn, without cutting open, viz. through the Gills, put in the Pudding that way till the Belly be full;

tie it to a Spit, and when it is roasted, make the Sauce with what drops from it, and the Juice of Oranges, Cinnamon and Sugar, beaten up with Sweet-butter.

Carp Stewed: Having bled him, save the Blood, scrape off the Scales, and take out the Intrals; then put him into your Stew-pan, with Mace, Ginger, Cloves, Nutmeg, Sweet-herbs, and a large Onion quartered, with half a pound of Butter; mix some of the Blood with Claret; put it in, and being enough, garnish it with sliced Lemons, and green Spinage, and serve it up to the Table.

Carp Pye, see Tench Pye.
Cassia, its Vertues. It's Loosening, and a Purifier of the Blood; it allays Heat, and moderately loosens the Belly; provokes Urine, purges Choler and Phlegm, and mollifies the Breast and Throat; it resolveth Inflammations, and cleanses the Reins from Sand and Gravel.

Catter-Pillars to kill: Take Ox-Piss and Lees of Oil, and boil them together, and cast it upon the Trees and Bushes where they are.

Cautick Liquor of Ectridgrease: Take Versidgrease four ounces, Salt Nitre eight ounces; mix them together, fire them, and let them burn in an Iron or Marble Mortar well heated; then make them into a Powder, and put them

into a convenient Vessel. Let them, by dropping, dissolve in a moist place; and preserve the Liquor that falls in a thick Glass, or glazed earthen Pot.

This Liquor is highly approved for consuming proud and corrupted Flesh; and likewise all sorts of Excrecencies more particularly such as accompany Venereal Distempers.

Cautick Powder, or Specifick Corrosive of Paracelsus: To make it, Take Corrosive Mercury Sublimate three ounces, Sal Armoniack two ounces, powder them together; put them into a Matras, pour on them a pint of Aquafortis; which evaporate in a moderate heat till the Ingredients come to the consistence of a Paste: dry the whole Mass in such a moderate heat, as will reduce it into a fine Powder.

This Powder Cauterizes very speedily and violently any superfluous Flesh, and such Excrecencies as are to be removed. It is quick in Operation; and the regard that is to be had to the Nature of the Corrosive Sublimate, requires much Caution and Prudence in the use of it; insomuch, that you must put on but a very little at a time, and use it only upon strong Bodies; and it is to be applied upon no other Parts than what are remote from the Emunctories of the Noble Parts.

Celandine the greater:
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The Juice of this is very good to take out Spots, Pins and Webs in the Eye; but by reason of its sharpness, you may allay it with a little Breast-milk: Warts frequently rub'd with the Juice of Celandine, will dry up, and peel off. The Decoction of the Root being drank with Aniseeds and White-wine, is good for the Jaundice, or to wash eating Ulcers withal. The Root being chewed, allwageth the Tooth ach.

Celandine the less, or Pilewort: It breaketh the Skin where it is applied as a Poultis: it causes bad Nails and Hair to fall off: the Juice of it stauffed up the Nose, greatly purges the Brain: A Gargarism made of the Decoction of it with Honey, has the same effect.

This the Herb is good for these Purposes, yet it is the Root which is always used; An Ointment made of the Root, by boiling of the Bruised Root a pound, in Fresh-butter a pound and half till it is Crisp, and then pressing it out, repeating this operation three or four times, with the like quantities of fresh Roots, is an admirable thing for the Cure of the Piles or Hemorrhoids, nor did I ever know it fail: The same Ointment cures also Swellings and Sores of the King's-Evil after a wonderful manner.

Centaurie the great: The chief Vertues of this consist in the Root, which is used for

Ruptures, Difficulty in Breathing, old Coughs, Pleurisies, and Spitting of Blood: It is successfully given in the Dropsies and Jaundice, being either infused in Wine, or beat to Pouder, and drank immediately.

Centaurie the less: Of this Lesser sort Galen hath written a large Treatise. It purgeth Choler and Phlegm; for which cause the Decoction thereof is given in Tertian Agues: It kills Worms in the Belly. The Leaves of this Herb being applied fresh to Wounds, search them, and heal up Ulcers.

Cephalick Elixir: Take Mistleto that grows on the Oak, Piony-roots, the bigger Valerian, of each an ounce and half; Piony-seed, Laurel and Juniper-berries, of each one ounce: Cinnamon, Mace, and Cubebs, of each three drams; Flowers of Tille-tree, Rosemary and Lavender, of each a handful: bruise what is to be bruised, and macerate them together for twenty four hours in the Water of Lillies of the Valley, Black-Cherry-water, the rectified Spirit of Wine, of each a pint and half: then distil them according to Art. To the Liquor distilled, add refined Sugar one pound, Tincture of Ambergrease a dram; This Elixir kept in a double well stopp'd Glass, is of wonderful Use in Epilepsies, Apoplexies,

plexies, and other cold Diseases of the Brain, being taken falling, from half a Spoonful to two Spoonfuls.

By this Distillation you will not have above half the Virtues of the Ingredients: your better way is to make a Tincture of them thus: Take Mistle of the Oak, Mace, Piony-roots, Valerian the greater, Peacocks-dung, of each two ounces: Piony-seeds, Bay and Juniper-Berries, Crocus Metallorum in fine Powder, of each an Ounce and half; Cinnamon, Mace, Cabbets, of each an ounce; Flowers of the Lime-Tree, of Rosemary, and Lavender, Lilies of the Valley, of each two ounces and a half: being all dry, put them into a hot Iron-Mortar, and put to them of the best Salt of Tartar six ounces, grind them well together for a pretty while, then put all into a strong narrow-mouth'd Glass, and put thereon of the best rectified Spirit of Wine, five quarts: digest in a cold place for 12 or 14 days, shaking the Glass once a Day: then let it settle, and decant off the clear Liquor for use. Dose one Spoonful at a time in a glass of generous Wine.

Cerate for Masks for Women: Take white Bees-wax four pound, Sperma Ceti two ounces, Oil of the four greater cold Seeds cleansed, extracted without fire, and Bismuth precipitated, of each three drams; Borax and Burnt Alum finely powdered, of each half a dram; melt and mix

them in Balneo Mariæ, and at the same time dip and spread the Cloth. This Preparation for the Lining Womens Masks, or laying on their Faces going to Bed, wonderfully preserves the Beauty, and increases its Charms and Loveliness to Admiration.

Cerate for Womens Breasts: Take Oil of Roses six ounces, bruised Leaves of Periwinkle three ounces; the Juice of Mint, and the lesser Sage, of each an ounce and an half; boil them over a soft fire to the consumption of the Juices: then press out what remains, thorough a close-threaded Cloth; then melt into it Bees-wax three ounces; and when it is almost cold, put in three ounces of the Powder of Mastick; and having well stirred these about, dip in the Cloths you intend to use.

This prevents the Breasts of Women from swelling or growing big after Child-bearing; it likewise changes the course of the Milk, and turns it downwards: it must be laid pretty hot on the Breast, and wrapt up with warm Cloths, and renew'd every twenty four hours, till the desired Effect be performed.

Cereloth for Broken Bones: Take Frankincense and Galbanum, Olibanum, Mastick of each an ounce: Wax three ounces, Rosin an ounce and half, Oil-Olive two ounces; dissolve the Galbanum in

in a little Vinegar, and then melt all together in the Oil, and so bruise and strain it thorough a Cloth; then dip your Cereloth, and apply it to the Fracture, and it will mainly strengthen the Sinews, and knit the fractur'd Bone sooner than can be reasonably expected.

Cereloth of Galbanum: Take Gum Galbanum, Ammoniacum, Sagapenum, of each an ounce and half; Tacamahacca, Turpentine, of each an ounce: Assa-fatida, fat Myrrh, of each half an ounce; Bees-wax two ounces; dissolve all, except the Turpentine and Wax, in Wine-Vinegar, and therewith mix the Wax and Turpentine melted together, till they come to a good consistency. It is a famous thing against Fits of the Mother and Vapours, being applied to the Navil and Pit of the Stomach in Women: it also provokes the Terms, expels Wind, eases the Belly-ach and Colick, and is said to kill Worms.

Chalybeat Powder: Take Steel or Iron reduced to a Powder either with Water or Sulphur 6 ounces, Aniseeds, Fecula of Aron-roots, of each one ounce; Nutmegs 2 ounces: White-Sugar 10 ounces; mix and make a Powder. It admirably attenuates, incises, opens, and is antiscorbutick, and a wonderful opener of Obstructions; it provokes the Terms, helps the Jaundice, kills Worms, and cures the Green-sickness, Scurvy, and Hypochondria.

ack Melancholy. It is a specific in the Cachexia, or evil habit of Womens Bodies, and in all Obstructions of the Stomach, Liver, Spleen, Mesentery and Womb, and Diseases thence arising: 1 Dose from 15 grains to half a dram, according to the Age of the Patient, every day, Morning and Evening.

Chalybeat Salt against an ill Habit of Body: Take Vitriol of Mars an ounce, Sal Prunella two ounces, Salt extracted out of the dead Head of Aquafortis three ounces; pulverize them together, and put them into a glass Cucurbit, set them in a Sand-heat with a Fire made under them by degrees; augment the Heat till the Matter look red hot, and flows like Water, and in the end turn to a hard red Stone or Salt.

This is much applauded for the Cure of Cachexies and scorbutick Distempers, also to purge the Mass of Blood, create an Appetite, and open the Passages of the Urine, provoke Sleep, and divert the Fluxes of Rheum; it also carries off bad Humours by Sweat and Stool, or insensible Transpiration: You may take it when 'tis finely reduced to Powder, from seven or eight, to twelve or fifteen grains, in a Glass of Wine, or some convenient Cordial Water.

Cheese to Make: It is not here meant the ordinary sort of Cheese, but a Rarity. To make it therefore, put whole Cinnamon in new Milk, or

Cream, let it boil; then take it off and sweeten it with Sugar, add two quarts of Milk or Cream, a spoonful of Runnet, cover it till it curdle; then strew on it Sugar and the Powder of Cinnamon, and dip Sippets in Canary, and serve it up.

Cheesecakes: Put to a Gallon of new Milk half a pint of Runnet, let it stand till it is curdled; then put the Curd into a Linnen-Cloth, eye it up, and by laying a Weight on it, press out the Whey; which being done, beat up the Curds with Yolks of Eggs, White-wine, and Rose-water, with a little Sugar dissolv'd in the latter; then add half a pound of Currans washed clean from Gravel and Stones; make up all these Materials into a Puff-past of fine Flower, Eggs, Butter, Ale, Yest, and as much Milk as will fashion it; beat it with a Rolling-pin till it is of an equal temper, then take and roul it up into little Balls, spread them out into round flat pieces as thin as is convenient: make them into what fashion you please. When they come to be turned up, put the Curds and other Materials in the middle of them, then wet them round with Water, turn up and pinch the Corners, and put them into due proportion, and when baked, strew them over with Sugar mixed with Powder of

Cinnamon, or without, and sprinkle over them Rose-water, and so serve them up.

Cheesecakes, the Italian way: Take two pound of Pistaches, stamp them, when taken out of the Shells, with two pound of Morning-Milk, Cheese-Curd newly made, three ounces of Elder-Flowers, and ten Eggs, Sugar and Sweet-Butter, of each a pound, with two quarts of Flower; drain these in course Strainers, and put them into a Puff-past, Cheesecake-fashion.

Cheesecakes without Milk: Take twelve Eggs, and lay away six of the Whites, beat them up finely, and having a quart of new Cream boiled up with Mace, take it off, and putting in the beaten Eggs, stir it about till it curdles, then let it cool a little, and put in a good quantity of Sugar, beaten Mace and grated Nutmeg, dissolve a little Musk and Amber-grease in Rose-water, and sprinkle it over lightly; then put in three or four spoonfuls of grated Bread, with half a pound of beaten Almonds, and a little cold Cream, with some Currans, and it will make an excellent Curd: Then make up your Puff-past Cheesecake fashion, in which this is placed, and bake them in a moderate Oven, and drawing them, sprinkle them over with Rose-water and Sugar, and so serve them up.

Cherry-Brand: Take

six quarts of the best Brandy, one pound of Black-Cherries, a quarter of an ounce of Cloves and Whole Mace; two handfuls of Clove-Gilliflowers, one handful of Spear-Mint, and one handful of Bawm; let them lie a sleeping 24 hours, and then break the Cherries between your Hands, then put them over the Fire a little while, then put as much Sugar as will sweeten them, according to your mind, and then strain them for use.

Cherry-Wine: Take the best Cherries, pick them, stone them, and strain them, into a Gallon of Juice put two pound of Sugar, then put it into a Tub, and let it work, when done, stop it up for two Months, and then draw and Bottle it with a little Sugar, and let it be kept six Weeks for use.

Chickens to know: If she be new-kill'd, will be stiff and white, and firm in the Vent; but if stale kill'd, it will be limber and green in the Vent; a Chicken scalded, do but rub your Finger upon the Breast of her, and if she feels ruff, then she is new-kill'd; but if she feel slippery and slimy, then stale killed; a Cramb'd Chicken, if she be fat, will have a fat Rump, and a fat Vein upon the side of the Breast of her like a Puller.

Chicken-Pye: After you have truss'd them, season them with Cloves, Salt, Pepper,

Nutmeg beaten, and Mace; then take some Parsley and Thyme, and mince them small, and mould them into a Ball with some Butter, and some of the aforesaid Seasoning; stuff the Bellies of your Chickens therewith, and then lay them into your Pye, with sliced Lemon on the top of them, and the bottom of boil'd Artichokes cut into square pieces (if in Season); close it up, and when it is baked, take the Yolk of an Egg, a grated Nutmeg, White-wine, Gravy and Butter beaten up together, and lard it therewith.

Chickens Fricassee'd: See Fricassee of Chickens.

Chickens in White-Broth: Take a quart of White-wine, and three pints of strong Broth, and put one or more Chickens to it in a Pipkin, or a convenient earthen Vessel, add a quarter of a pound of Dates sliced, half a pound of fine Sugar, and four or five Blades of Mace, the Marrow of three Bones, and a handful of white Endive sliced small, and let them stew over a gentle Fire: and when the Broth is well tasted, strain the Yolks of ten Eggs into it, keeping it continually stirring, that the Eggs may mix with the Broth, and not curdle: then take out the Chickens, put the Broth into the Dish, and lay them in it, and garnish it with Marrow, sliced Dates, large Mace, Endive, preserved Barberries,

and boiled Skirrets, and make Leer of Almond-Past and the Juice of green Grapes.

Chilblanes: Take a Turnip, put it under hot Embers, and roast it well: then take off the Coat, and beat it to Mash: apply it very hot Poul-tisewise, shift it often for fresh ones, and continue it three or four Days.

There is nothing better for Chilblains, than to wash them in Beef-Brine, for a quarter of an hour, or more, as hot as it can be endured, every day Morning and Evening, till they are gone.

China-Broth: Take two ounces of China-Root chip-ped thin, steep it in three pints of Water all Night, on Embers covered; the next day take a Cock Chicken, put in its Belly Parsley two handfuls; Mint, Raisins of the Sun stoned, of each a good handful, and as much French Barly; six good Onions thin sliced: boil these in a Pipkin close covered on a gentle Fire six or seven Hours: Strain it, and take it for a Consumption, or any Defect in the Lungs.

Chops of the Breast: Take Damask Rose-Water half a pint; pure white Gum Tragacanth three drams; mix and dissolve cold, which will be done in about 24 hours; to this add clarified May-Butter four ounces, mixed with Bees-wax two ounces, and pure white Sperma Ceti one ounce.

It is a very good Remedy to cure Cliffs and Chaps in Wo-

mens Breasts and Nipples: It may serve for the Hands, Lips, or any other Parts, being anointed with it warm.

Cinnamon takes away and dissolves all superfluous Humours of the Body, and fortifieth the Members. There is a distilled Water made of Cinnamon, strong in Smell and Taste, and of great Virtue, and is thus made:

Cinnamon-Water to Make: Take a pound of Cinnamon that has not lost its Scent, bruise it and put it into a Vessel with four pound of Rose-water, and half a pint of White-wine; then set your Vessel, being very close stopp'd, in warm Water, and then make your Distillation in the same Water, being placed on a Furnace where the Fire is maintained, in such manner that the Water may continue boylng.

To make Cinnamon after a more easie way, without Distillation: Take Spirit of Wine three pints; bruised Cinnamon four ounces: infuse them together for a Week in a large Glass close stop'd, shaking the Glass twice a day: Then take Damask-Rose-Water a quart, dissolve them in White-Sugar-Candy a pound: mix both these Liquors together, and hang therein Musk eight or ten grains in fine powder, tied up in a Rag.

This distilled Water is soveraign against all Diseases proceeding from cold Causes; for it dissolveth and consumeth Phlegm,

Phlegm, removes Windiness and clammy Humours, and comforts the Stomach, Liver, Spleen, Brain, and Sinews: It is an admirable Cordial against faintness or fainting Fits, comforting and cheering the Heart; it resists Poison, or the biting of venomous Beasts, provokes Urine and the Terms, and proves helpful to those that are short-winded, or are sick of the Palsie.

Citron: The Juice of it represses Choler, and (if made into a Syrup with fine Sugar) is very good against the Plague, and pestilential Fevers. The Meat or Pulp is of a gross and phlegmatick Substance, the Kernels bitter and loosening.

Citrons, a Syrup: Take Citrons, as many as you think convenient, pare and slice them very thin, then put them into a silver or glass Bason with layings of fine Sugar till it be near full; the Day following pour off the Liquor into a Glass with a Paper Funnel, strain it with a tiffany Strainer, clarify it on a soft Fire, and it will keep a twelve Month. This is excellent in hot Distempers, especially mixed with Juleps and Cordials.

Claret-Water for the Stomach: Take four ounces of Cinnamon, bruised Cloves, Ginger, Mace, Galangal, and Cardamoms in Powder, of each half a dram; macerate

them in the Cold in two quarts of Choise Brandy, and a pint and a half of Rose-water six Hours: being put into a Matraass very close stopp'd, filter it, and in the filtering dissolve two pound of Loaf-Sugar, and so the Water is perfect.

This is very pleasing in Taste, and exceedingly fortifies the Stomach and Virals, dissipates Windiness, and creates a good Appetite; you may take it from three drams to half an ounce.

Cloves: They help Digestion, stay the Flux of the Belly, and are binding; they clear the sight, and the powder of them consumes and takes away the Web or Film in the Eye, as also Clouds and Spots: being beaten to Powder, and drunk with Wine or the Juice of Quinces, they stay Vomiting, restore lost Appetite, fortifie the Stomach and Head, gently warm an over-cold Liver; and for this Reason they are given with success to such as have the Dropsie: The smell of the Oil of them is good against fainting Fits and Swoonings; and being chewed, they sweeten the Breath, and fasten the Teeth; the Powder of them in White-wine is given for the Falling-Sickness, or Palsie; the distilled Water of Cloves is good against Surfeits and pestilential Diseases; receiving the Smoak of the Cloves into the

the Nostrils whilst they are burning on a Chafing-dish of Coals, opens the Pores of the Head.

If Oil of Cloves one dram is dissolved in rectified Spirit of Wine four ounces, you have one of the greatest Stomachicks in the World; it is good against Vomiting, Sicknes at Heart, gripping in the Bowels and Stomach, the Cholick, and creates a good Appetite, and prevails against all cold Diseases of the Head, Brain, Nerves, and Womb, as Apoplexies, Epilepsies, Lethargies, Vertigo's, Head-achs, Migrations, Convulsions, Palsies; loss of the use of Limbs, dimness of Sight, Faintings and Swoonings, Vapours, Fits of the Mother, Suppression of the Womb, and other Weaknesses of that part: The Dose is one small Spoonful in the Morning fasting, and as much last at Night going to Bed, in a Glass of generous Wine or Ale.

Clouted-Cream: Set new Milk to simmer on the Embers twelve Hours, add sliced Marmalade of Damascens, Sugar and Cinnamon finely powdered, with as much Cream as amounts to a third part of all these Materials, serve it up strewed over with Sugar, and sprinkled with Rose-water.

Cock-Ale: Stone four pound of Raisins of the Sun washed and well dried; take a young Cock, truss him, and put him into twelve Gallons of Ale, with the Raisins; of Nutmegs and Mice, of each

an ounce; Dates half a pound: infuse these in a quart of Canary twenty four Hours, and put them to the Ale: When the Cock is boild almost to a Jelly, strain and press out the Liquor, put it into a Cask, and put about half a pint of new Ale-Yeast to it, let it work a Day, and the next you may broach it; but three or four Days is better. If this prove too strong, as no doubt it will to some Palats, mingle it as you please with plain Ale in the drawing, or by putting two Gallons of it into three Firkins of plain Ale in the Barrel. It is excellent to strengthen and restore decayed Nature, and is drank with success in a Consumption.

Cock-Water: Take two fleshy large and well grown Cock, cut and beat them in a Mortar Bones and all; which done, put the beaten Flesh into a Copper-Body well Tin'd within, and add thereto Limon-Thyme, Savory, Spear-Mint, Sweet-Marjoram, Peniroyal, Tansey, Wormwood, Rosemary-Flowers, of each two handfuls: Cinnamon, Cloves, Nutmegs, Pepper, white and long, all bruised each one ounce; Winters Cinnamon, Jamaica-Pepper, both bruised of each four ounces; Milk, Muscadell, Choise Brandy, of each a Gallon; mix them well together; digest them a Month in the Still in a blood-warm Bannec Mariæ, the junctures being well luted; which done, in Bannec Mariæ, draw off the Water

to dryness, so have you a most famous thing for all sorts of Weaknesses, Pains and Consumptions. But before the Distillation, you may put into the Receiver a pound and half, or two pounds of trebble Refined Sugar in fine Powder, six grains of Amber-grease, and twelve grains of Musk in fine Powder, and tied up in a Rag, upon which let the distilled Liquor fall. Dose 2 or 3 Spoonfuls in the Morning fasting, half an hour before Dinner, and as much last at Night going to Bed.

Cock Young: Hath a red Comb, and red Gills; but if he hath a short Spur, not cut, nor par'd, and fat, he will spend very well.

Codlin-Cream: Scald the Codlins till they are pretty soft, peel them, and scrape off the Pulp from the Core, strain the Pulp through a thin Linnen-Cloth, add to it Sugar well dissolved in Rose-water, and then mingle these with Cream; adding, if you find occasion, more Sugar, Rose-water, and a little Cinnamon powdered very fine, and serve it up.

Codlin-Tart: Take Codlins before they are quite ripe, pare them, cut them in quarters, and take out the Cores: lay them in quarters in the Tart, with a thin slice of Quince under each quarter, and the scrapings of Orange or Lemon-peel, strew them over with Sugar and Rose-water after you have poured

in the Syrup of Quinces, or the Syrup of Pipins; scatter over them a little Cinnamon beaten into fine Powder, close up the Lid, and bake them in a gentle Oven.

Cods-Head to Dress: Cut it fair and large, boil it in Water and Salt, add a pint of Vinegar, so that all the Head and Appurtenances may be just covered, put into the Mouth of it a quart of stewing Oysters, a bundle of Sweet-Herbs, and an Onion quartered; and when it is sufficiently boiled, set it a drying over a Chafing-dish of Coals: then take Oister-liquor, sliced Onion, and two or three Anchoves, a quarter of a pint of White-wine, and a pound of Sweet-Butter; shred the Herbs, mix them with the Oisters, and garnish it with them, adding withal some slices of Lemon, grated Bread, and a little Parsley.

Colick: Take four drops of the Spirit of Salt, in four spoonfuls of good Canary, so drink it.

Colick and Stone: Drink of the distilled Water of Parsley, in White-wine, or good Ale.

And nothing inferiour is the Distilled Water of Hydriper, or biting Arsmart, being constantly drunk as ordinary Liquor. So also the Water distilled from Onions, Leeks and Garlick: but in the time of the Fit, apply this Cataplasma. Take Parsley four or five handfuls, cut it, and boil

boil it in half a pound of Fresh-Butter till it is almost crisp; then put it into a Linnen-Bag, or tie all up in a Cloth, and apply it to the Perineum, or Space between the Cods and the Anus, as hot as can be endured, keeping it there for the space of three, four, or five Hours, and repeating it, if need be; this takes away the Pain to admiration, and in several Patients (after several Years venation therewith) this Remedy having been used, the Distemper has returned no more.

Complexion to Preserve:

Take White and Yellow Saunders, Lignum Aloes, Lignum Rhodium all in fine Powder, of each an ounce; Camphire made into Powder with a few drops of Spirit of Wine, two drams; Choise English Saffron a scruple; Choise Indian Lake two drams; fine Bolus-Armoniack three drams; Vinegar a sufficient quantity: mix and make it up into little Balls. It is not only of an excellent Scent, but a little of it being dissolved in Milk-Water, Hungarian Water, or Fair Water; it gives a very good Complexion, and preserves Beauty.

Confection to cause Sweat:

Take good Mithridate two ounces; Salt of Tartar, Salt of Hartshorn, of each half a dram; Camphire, Powder of Cloves, Powder of Vipers, of each a scruple, mix them. Of this take to the quantity of two Hazle-Nuts in Carduus, or Sorrel-water, first dissolving it well; and keep close and warm in Bed,

and you may continue Sweating three or four Hours, if the Distemper be violent; or a less while, as occasion requires: For want of this Confection, if any sudden Cause requires Sweating, you may take a dram of Mithridate in Carduus, Treacle, or Sorrel-water, and keep your self warm for some Hours afterwards, lest the Pores by this means opening suddenly, suck in the cold Air, and do more harm than good. It is also good against the Plague, or Pestilence, Spotted-Fever, and all sorts of Malign or Pestilential Fevers, Measles, Small-Pox, &c. being given as before directed.

Confection to help the Sight: Take Eye-bright and Fennel of each a dram; Cardamoms and Mac-, of each a dram and a half; Seeds of Rue and Celandine, of each a quarter of an ounce; Rosemary an ounce; Anniseed, Lignum-Aloes and Carraways, of each half an ounce: make of these finely beaten, a Confection with Honey or Sugar. This is called the Oculists Confection, and is very strengthening to the Eyes and Brain; it restores decayed Sight. Take three or four drams in five or six spoonful of Wine.

Conserve of Citron-Flowers: Take their weight or more in white Sugar, dissolve them in Rose-water, hang it over a gentle Fire, then take it off, and boil it almost to the consistence

of a Syrup; then put in the Flowers, and boil it up to a height, and mash them to a Conserve.

Consolidative Plaster:

Take Sheep-suet 8 ounces; Oil-Olive 6 ounces; Wax, Turpentine, of each 4 ounces; Frankincense 3 ounces and a half, fat Myrrh, Rosin, Mastick, Olibanum, Aloes, all in fine Powder, of each 3 ounces; Gum Elemi, Balsom Capivi of each 2 ounces; Camphire, Saccharum Saturni, of each one ounce; mix over a gentle Fire to the consistence of an Emplaster.

This is excellent for the Plague-sore, or any such poisonous or infectious Swelling.

Consumption, a Broth:

Take two good well flesh Pullers, bruise them in a Mortar, and make a strong Jelly of them by long boiling, adding the Juice of two or three Lemons, and the Crumbs of two Penny Manchets: strain out hard by pressing, and make it pleasant with treble refined Sugar. Dose half a pint of it Blood-warm, Morning, Noon and Night, or oftner if the Patient pleases, with two Spoonfuls of choise Cinnamon-water added to it.

Consumption, a Mixture.

Take of the former Jelly a quart: Cream made of pearled or hull'd Barley three pints, mix them, and make it pleasant with Syrup made of the Juice of Citrons, Lemons, or Quinces. This is an excellent thing for such as are in Mellick Fever, or Consumptions accompanied with great heat and

dryness. Take half a pint of it first in the Morning fasting, then as much at 10 in the Morning, the like at 4 in the Afternoon, and lastly as much at Bed-time.

But the Specifick which transcends all the Medicines for a Consumption here mentioned, and many others besides, is the Herb Fox-Glove. The Decolition of the Herb in Water or in Wine, or in half Water half Wine, may be drunk as ordinary Drink; and of the Juice of the Herb and Flowers may be made a Rob, or Syrup with Honey, which being taken three spoonfuls at a time, first, in the Morning fasting; 2dly, at Ten in the Morning; 3dly, at Four in the Afternoon; and lastly, at going to Bed, will restore (where the Patient is not past cure) beyond all Expectation. It cures a Phthisick or Ulcer of the Lungs, when all other Medicines have failed, and the Sick esteemed past cure; it opens the Breast and Lungs, frees them from tough Flegm, and cleanses the Ulcer and heals it, when all other Remedies all without effect: I have known it do wonders, and speak here from a long Experience: Persons in deep Consumptions, and given over by all Physicians, have by the use of this Herb been strangely recovered, and so perfectly as to grow fat again, I commend it as a Secret, and it ought to be kept as a Treasure: These few Lines concerning this matter alone, is worth ten times the price of the whole Book, were there nothing else in it besides, that

that one had occasion to make use of. I am very confident of it, the deplorable wasted Patients, who have been in long and tedious Consumptions, Phthises, and Hecticks, if they make use of it, will give me thanks for this Notice, whilst they may have reason enough to Curse even the Memories of the Quacking Blood-suckers, who as they have drain'd them of a good part of their Estates, would by a continuance under their Hands (for all their specious Methods of Cure) have fool'd them out of their Lives too.

Contagion of the Plague, to Expell: Take Rue, Wormwood, and Angelica-tops, of each half a handful; Celandine, Carduus, of each a handful and a half; put them into a glazed earthen Pot, when bruised together with a pint of strong White-wine-Vinegar: stop the Pot close, then let them seeth in Balneo Maria, till the third part be consumed, and then strain it out, and keep it close stopp'd: Let the Party infected drink two or three ounces of it, and sweat after it, without sleeping, a considerable time, if it may possibly be prevented: it fortifies the Heart, assisting Nature against Poisons, and infectious Airs.

Coral, to prepare: Take such a quantity as you think convenient, make it into a fine Pouder by grinding it upon a Prophyry or an Iron-Mor-

tar; drop on it, by degrees, a little Rose-water, and form it into Balls for use. After this manner, Crabs-eyes, Pearl, Oyster-shells and Precious-stones are prepared, to make up Cordials compounded of them, and other suitable Materials for the strengthening the Heart in Fevers, or such-like violent Diseases, and to restore the Decays of Nature.

Cordial, Excellent: Take two ounces of dried Red Gilliflowers, and put them into a Pottle of Canary; add three ounces of fine Sugar in Pouder, and half a scruple of Ambergrease in the same manner; put them into a Stone-bottle, and stop it close, often shaking it; and when it has stood ten Days, then pass it through a Jelly-bag or Strainer; and putting it up for use, take two or three spoonfuls of it at a time, and it will greatly strengthen the Heart, and restore Health again, &c.

Cordial-Water: Take a gallon of Strawberries clean pick'd, put to them a pint of Aquaviræ, and let them stand four Days, and then pour off what is liquid, and strain the rest into it; sweeten it with a little Sugar, and infuse a grain of Musk or Ambergrease into it. This strengthens the Heart and Stomach: Half a quarter in a Morning, is a good Preservative against ill Airs and Infections.

Cosmetick-Water: Take fair

fair Water two quarts: Saccharum Saturni, Roch Alom of each one ounce; mix, dissolve and filter. If the Countenance is yellow or tan'd with the Sun. Take fair Water two quarts; Salt of Tartar half an ounce, mix them; dissolve, filter, and keep it for use, with which wash Morning and Evening.

Cough: Boil in two quarts of Posset-drink, a good handful of Moss that groweth upon Oaken Pales, and drink a good draught in the Morning, and take three spoonfuls of good Sallad-Oil after it: drink it Afternoon and at Night without Oil, taking sometimes at Night one of Marsh-mallows's Pills with it.

Cough: Take Raisins of the Sun stoned, and Figs washed and sliced, of each a pound; unset-Hyssop a handful, Enulacampiana dried and bruised, two ounces; Aniseeds bruised one ounce; boil all these in a gallon of small-Ale till half is consumed; then strain it, and put to it Honey and Sweet-butter of each four ounces; Saffron dried and powder'd half a dram: boil them again gently till they be well incorporated: Drink half a pint of this Liqueur warm'd, both Morning and Night. This Proportion made twice, hath cured Coughs of long continuance.

Coughs: There is no Medicine in the World better than to take a full spoonful of our Tin-

Cura Mirabilis every Morning fasting in a glass of fair Water sweetned with a little Honey; and at Night going to Bed 60 drops, or more of our Guttæ Vitæ, or 3 or four grains of our Specifick Laudanum, and continuing the Use of these things for some days: If the Patient is apt to be Costive, and it is a prejudice to him, then instead of the Guttæ Vitæ, or Specifick Laudanum, give only our Cathartick Laudanum, 2 or 3 small Pills about the bigness of White Pease at Bed-time; they operate pleasantly, keep the Body soluble, and give a Stool or two, the next day in the Afternoon.

Cough or Cold: Take a quart of Milk, and make a Posset thereof with a pint of Ale; then strain it, and put two spoonfuls of beaten Aniseeds, two Pippins slicked with the Pareings, and a stick of Licorice bruised, and a quarter of a pound of Raisins stoned: let it boil gently for half an hour; then strain it again, and drink a draught thereof warm, with a little piece of Fresh-butter in it: Take it two or three times a day.

Cough or Cold: Take three ounces of Enulacampiana, scrape off the Rinde, and cut it into thin slices; then boil it in three pints of Water till it comes to a pint and an half; then put therein a pound of fine Sugar, and let it simmer a little on the fire; then take it off, and let it cool, and

it will be a perfect Syrup; of which take three Spoonfuls both Morning and Evening.

Or thus: Take Powder of Elecampane-Roots, one ounce; treble refined Sugar two ounces in fine Powder, mix them. Dose three drams, Morning and Evening.

Court-Jelly: Take three or four Calves-feet, and lay them in Water all night; then scald off the Hair, slit them, and take out the long Bones: then take a young Cockerel and dress him, after he has lain all night in Water; boil him and the Feet together in four pints of White-wine, and as much fair Water, until they be enough: then let it run thorough a Strainer into a Bason, or other Vessel, letting it stand till it is cold: then with the point of a Knife or Spoon take of the clearest from the settlings, and put it into a Pot with three quarters of a pound of fine Sugar, and two ounces of Cinnamon scraped, an ounce of Ginger, two slices of Nutmegs, and ten Cloves; boil them together; and while they are boiling, put in the Whites of six Eggs, and a Branch of Rosemary; strain it thorough a Jelly-bagg, and so serve it up. This greatly fortifies Nature, creates good and wholesome Blood, and restores decayed and Consumptive Bodies.

Cowslip-wine: Take three Gallons of Water, three

pound of Sugar, boil them one hour and half, scum it very well; when it is boiled, take it off the Fire, and put in six quarts of Pickt Cowslips, and let it stand all Night, strain them out, then put in New-Ale-Yeast, let them work well; then turn them, and let it stand five days, then Bottle it for use.

Cowcumpers to Pickle: Take Cowcumpers, and wipe them clean, then put them into a Pot, strowing between every lay of Cowcumpers, bruised Pepper, Cloves, and large Mace. Then take the best Wine-Vinegar, Salt, Cloves, Mace, bruised Pepper, a little whole Ginger, a little Fennel, and a little Dill, boil them together and skim them, then take it off the Fire, and pour it on your Cowcumpers, stowe them in very close: And when the Pickle is stale, take them out, and put in fresh Vinegar, Cloves, Mace, Pepper, Salt, Fennel and Dill.

Cramp: To make an Amulet for the Stomach, Take the Roots of Mechoacan, reduce them to a Powder, and fill with this Powder a little square Bag of Sarfnet, or some such slight stuff: Let it be about three inches square, and hang it by a string about your Neck, so low that it may reach the Pit of the Stomach. Wear it next the Skin.

The Cramp whether in the Neck, Arms, Hands, Legs, Feet, or any

any other part, is infallibly cured by bathing the Places affected, every Morning and Evening with the Powers of Amber, and taking it inwardly, every Night going to Bed for 8 or 10 Nights together, about half a Spoonful at a time in a quarter of half a pint of White-Port Wine or Sack.

Cream-Cheese: Take two quarts of Milk warm from the Cow, Almonds blanched half a pound, beat the Almonds small; add a pint of Cream, and of Rose-water four ounces; half a pound of fine Sugar, and a quarter of an ounce of beaten Cinnamon, and as much Ginger; then put the Runner to, the Milk and Cream; and when it is curdled, press out the Whey; and what remains beside, serve up in Cream.

Cream of Eggs: Take a quart of Cream, heat it, and beat up the Whites of five Eggs; keep them stirring; and when it boils, add two or three Spoonfuls of Rose-water; and when it begins to thicken, take it off, let it cool, and put in a little Salt and fine Sugar, and so serve it up.

Cream-Pool: Take two quarts of Cream, set them over a gentle fire in an earthen Vessel; and when it simpers up, add the Yolks of twelve Eggs well beaten up with three or four Spoonfuls of cold Cream; put them to the hot Cream, and keep it continu-

ally stirring, to prevent burning-to. When it is boiled well, take it off, and let it cool; then put to it half a gill of Canary, stir it about, and pour it on Sippers cut very thin, and strew'd over with the Powder of Cinnamon and Sugar; then pour over it some Syrup of Raspberries, and serve it up.

Cream-Tart: Take Manchester-bread, pare off the Crust, and grate the Crumb very fine, mix it with sweet Cream and Butter, beat up the Yolks of a dozen Eggs with Cream, adding four ounces of Sugar, boil them till they come to a thickness; then make two leaves of fine Paste as thin as conveniently can be raised; make them but shallow, and put the Materials into them, put on the Lid, bake the Tart in a gently heated Oven; and when it is bak'd, strew fine Sugar over it, and then serve it up.

Cucumbers: see Cowcumpers.

Curd-Cakes: Take a pound of Curds, four Yolks of Eggs, and two of Whites, a little Flower to bind them together, Sugar, grated Nutmeg; mingle them well, and bake them in Cakes, icing them over with Sugar dissolv'd in Rose-water, or drop them into a Frying-pan in hot Suet, as you like them best.

Currant-Cream: Take Red Currants, plump them up in warm Water; then mash them,

them, and strain them through a Cloth with hard pressing, put to them the Powder of Cinnamon and Sugar, and a quart of new Cream, and serve them up.

Currans, or Gooseberries, a Jelly: Take the Fruit indifferently ripe, press out the Juice through a coarse Linnen-cloth; clarify it, and add to each quart a pound of Sugar clarified and boiled up to a Candy height; then boil them together till a third part be consumed: put to them a pint of White-wine, wherein an ounce of Cherry-tree or Plum-tree Gum has been dissolved, and it will bring it into a curious Jelly.

Currans to Pickle: Take Red or White Currans, being not thoroughly ripe, give them a walm in White-wine-Vinegar, with so much Sugar as will indifferently sweeten it; cover them over in this Liquor, and keep them always under it.

Curran-catline: Take three pound of Currans, one quart of Water; strain the Currans and Water together after they have lain sleeping three days, put to it one pound of Sugar; put it into a Vessel, and let it work, and when it has done working, stop it up; let it stand two Months, then fine it off the Lees, then add more Sugar if requir'd; then put it into the Tub again, let it stand a Month, then rack it

off, then bottle it with some Sugar, and let it be kept six Weeks for use.

Custards to Make: The Paste being raised into what Form you please, dry it a little in an Oven after it has been drawn, that the Moisture that is to be put into them, by reason of their thinness, may not make them fall when put into a hot Oven: then break eighteen Eggs into two quarts of Milk, yet half the Whites must be omitted; and if made of Cream no Whites at all, only the Yolks: then a pound of Sugar and a little Rose-water, beat them together till they are very well mixed; and when you fill your Pans or Pastes, strain out the liquid part, and let the Curds and Crudities, if there be any behind, and bake them in an Oven about three quarters heated.

Custards, Another way: Boil a quart of Cream, with Nutmegs, Mace and Cloves bruised, of each two drams, the Yolks of ten Eggs, and the Whites of five, beaten with a little cold Cream; mix these together with a grain of Saffron wet in White-wine or Canary, and strained through a Linnen-cloth with a hard pressure, upon often wetting; put these Ingredients into the Paste you have provided for them, in what fashion or form you please; and if you find it proves too thick make it thinner with a little

Milk and Rose-water, adding a little refined Sugar and powder'd Cinnamon infus'd in White-wine: then bake them in a gentle Oven, and serve them up on Plates, with Sweetmeats or Flowers made in Paste.

Cypins, the Bark of the Roots Prepared: Infuse the Bark, after you have cleansed it in sharp Vinegar for the space of three Days; then

dry it, and keep it for use. And in this manner you may Prepare the Leaves of Spurge, Laurel, Mezereon, or such like.

The Powder of the Bark of the Roots applied, is good to staunch Bleeding, or stop the flux of Humours into a Wound; and it is so much the more effectual, if it is mixed with Powder of Catechu, Saccharum Saturni, and Rock-Atom, each in equal quantities.

Daisies: This Herb is excellent for Wounds in the Breasts; the Oil of it, Plaister, or any are extraordinary good, and require to be kept in all times. The great *White Daisy* is a Wound-Heal, to be had in great regard, often used in Drinks or Salves, either externally or internally. The Juice of these, or the distilled Water, as also of the *Small Daisy*, greatly tempers the tickle Heat, refreshes the Liver, and other inward parts. A Decoction of them much availeth in the cure of Wounds in the hollows of the Breast or Stomach; as also for Ulcers and Pustles in the Mouth, Tongue, or Privy-Parts. The Leaves bruised and applied to the Testicles, or any other

hot and swelled part, dissolves the Swelling, and temperates the Heat: being boiled with Wall-wort and Agrimony, they greatly help in the Palsie, Gout or Sciatica, dispelling Knobs or Kernels in any fleshy part. They help Bruises and Ails occasion'd by Falls, or Contusions by Blows. They are successfully used in case of Ruptures; the Ointment of them cools and expedites the cure of inflamed Wounds, especially when they happen in or near the Joints: the Juice may be drop'd into Rheumatick sore Eyes.

Take Clarified Juice of the Common Small Field-Daisy a quart; Honey a pound: mix and boil to the thickness of a Rob. Use three spoonfuls Morning and Evening in all Distempers of the Lungs,

Lungs, Coughs, Hoarseness, and to be used as a Vulnerary, for the speedy healing of all sorts of Wounds and old Ulcers, as also to be outwardly applied to them.

Damascens to Preserve :

Gather your Damascens in dry Weather, suffering them to be very ripe; or they will be but of an indifferent colour; to every pound of them put a spoonful of Rose-water, and a pound of Sugar finely beaten; then put the Fruit in a large bottom'd Pan, one by one, and set them on a Chafin-dish of live Coals, but not at first too hot; then put in as much Sugar and Rose-water as will melt it; And when the Pan is warm, cast on half your Sugar, and let it be no hotter than you can endure your hand upon it, forbearing to turn them till there be as much Syrup as will bear them up: then turn them, and cast on the rest of the Sugar, not suffering them to seeth when you turn them, lest they break on both sides: when they are enough, take off the Skins gently; and when they are cold, put them up in a Glass, and put into them four or five Cloves, and as many little bits of Cinnamon and so you may Preserve any Plums. But to any sort of White Plums, put neither Cloves nor Cinnamon.

Damascen-Wine : Take what quantity of Damascens you please, put them into a little Tub, then put as much

warm Water to them, as will cover them; keep the Water warm with Cloaths as long as you can; let them lie 24 Hours or more till they are plump; then add more Water to them, and let them boil 5 or 6 Hours over a quick Fire, then strain them hard through a Strainer: you must make work with Baum, or the Leaf of good Wine; and after put it up. If you desire to have it very strong, as soon as you have strain'd it, you may beat it a little more, and instead of Baum set it a work with a cotion of Currans; after this manner, to a pound of Currans, take five pints of Wine, and boil them to a quart; strain it through a Hair Cloth very hard, to which cotion you may add three pints of your Damascen-Wine; this will not only strengthen it, but give it a pleasant strength: when it is wrought a while, run it through a good Wine-Cask; when it is ready to be stop'd up, put a few fresh Damascens in the Cask, and then stop it close, and let it stand in a cool Cellar to ripen for 3 Months: and thus with the help of Grapes, you may have Wine not inferior to Chateau.

Damascene-Wine, Another way: Take four Gallons of Water, and put to every gallon of Water four pound of Malaga-Raisins, and half a pound of Damascens; put the Raisins

and Damascens into a Vessel without a Head, cover the Vessel, and let them steep six days, stirring them twice every day; then let them stand as long without stirring, then draw the Wine out of the Vessel, and colour it with the Infus'd Juice of Damascens sweetned with Sugar, till it be like Claret-Wine; then put it into a Wine-Vessel for a Fortnight, and then bottle it up.

Damascens, or Pruenes, to Conserve : Take Damascens or Portlo, prick them and put them into a pint of Rose-water, or Wine, into a Pot, cover them and let them be well boiled, stirring them well together; when they are done tender, let them cool, strain them with their Liquor; then beat the Pulp and set it over the Fire, adding to it a sufficient quantity of Sugar, then boil them till they are enough; so you may put them up into your Gally-pots or Glasses for use.

Damascen-Tart : Boil them in Wine, and strain them with Cream, Sugar, Cinnamon and Ginger, boil it thick, and fill your Tart.

Damash-Powder : Take of Orrice half a pound, Rose-Leaves four ounces, Cloves one ounce, Lignum Rhodium two ounces, Storax one ounce and an half, Benjamin an ounce and a half, Musk and Civet of each ten grains: beat them all together grossly except the

Rose-Leaves, which you must put in afterwards: this is a curious Pouder to lay among Linnen.

Dandelion, or Dent de Leon, or Lyons Tooth : Its Quality is Cleansing and Opening; by which means it is effectual in removing the Obstructions of the Liver, Spleen and Gall, and such Diseases as arise from them, as Hypochondriacal Passions, and the Jaundice, &c. opening the Passage of Urine in Men and Women of all Ages, cleansing Apostemes, and the inward Urinary Passages, and then by a temperate and drying quality heals them: In this case, you may boil the Leaves in White-wine; or shred small, put them into Broth. It is good likewise in a Consumption, boiled in Broth, or the Juice of the Root drank in Canary; or in the bad Disposition of the Body call'd Cachexia: it procures Rest and Sleep, when the Body is disorder'd by Agues. The distilled Water is good in Pestilential Fevers, and to wash old Sores.

Take Clarified Juice of Dandelion a quart; Honey two pounds; mix and boil to a Syrup, of which let the Sick take three Spoonfuls at a time, Morning, Noon, and 4 in the Afternoon, and at Bed-time, to open Obstructions, heal the Lungs, and cure Consumptions.

Dates : Of these there are divers kinds; and as to their Physical Virtues, some of them

are dry and binding, as those of Egypt; others are soft, moist and sweet, as those growing in Syria, Palestine and Jericho; the rest are a mean between those two kinds: Eaten often they ease Coughs, restore in Consumptions, and make Fat. But the Powder of the Stones is successfully taken by such as spit Blood, or are troubled with the Bloody-flux.

Or thus. Take the Powder of the Stones, Powder of Egg-shells Lavigated, of each half a dram: mix and give it in any convenient Vehicle against all inward Bleedings, or Spitting of Blood: it famously stops it when most other things fail.

Deafness: Take Betony and Horehound, and stamp them in a Mortar; strain out the Juice, and when the Party is in Bed, and laying on one side, drop in three or four drops into the Ear, and it will in a few days time restore the Hearing, if the Party was not born Deaf, or some Violence has not been offer'd to the Organs of Hearing.

I have often cured Deafness or Thickness of Hearing, by dropping into the Ears a few drops of my Gutta Vitæ, every Night going to Bed. Oil of Amber also drop'd into the Ears for some time after due Syringing them (with warm Oil and White-wine, mixed together in equal quantities) is of extraordinary use.

Decoction to open the Bowels: Take twelve Prunes, Li-

corice, Aniseeds, Currans, and Rennel-seeds, of each half an ounce; Senna a dram: beat them being bruised, in a quart of fair Water till the third part be wasted; then strain and drink it at three several times very hot, and walk about upon it. It loosens the Belly admirably.

Decoction for Clysters

Take Peppet-drink (made with a full pint; Aniseeds six drams bruised; boil a little and strain, in which dissolve brown Sugar four ounces, and give it warm. It loosens the Belly, and gives some Stools.

Decoction of Senna: Take two ounces of the Leaves of Senna; Raisins of the Sun stoned two ounces, Ginger one dram: boil them in six quarts of Spring-water till half be consumed. This is an excellent Purging Potion: The Dose is four ounces: If it be given to a strong Body, it may work the better, put to three ounces of it, an ounce of the Syrup of Buckthorn is a Rosolutive. This may be safely taken as often as any occasion of Illness or Indisposition requires it, or for prevention.

Decoction of Woods

Take Sarsaparilla-roots, sliced and cut small, four ounces; Guaiacum three ounces; the Bark of the Wood two ounces; Sassafras one ounce and an half; the Roots of Dock and Butterbur, of each

two ounces and an half; Rhodium-wood and Yellow-Saunders, of each an ounce; Carduus-seeds and Juniper-berries, of each six drams; of the outer Bark of dried Citrons two drams: infuse them all night in six quarts of fair Water, and then boil them to the consumption of half the Liquid. This drank as a Diet-drink, is exceedingly good for those that are troubled with the French Disease, King's-Evil, Rheums or Coughs. It may be taken four times a day, for twenty or thirty days together.

Decoction Aurum: This bitter Decoction, or Draught, is made in the following manner: Take the Flowers of Camomile, the Tops of the Lesser Centaury, of each a pugil, or very small handful; Gentian-Root half a scruple; the Leaves of Senna cleansed, and Carduus Benedictus-seeds, of each one dram: boil them in a sufficient quantity of clear Spring-water to four ounces. This strengthens the Stomach, restores lost Appetite, and causes a good Digestion. You may take four ounces of it for a Dose fasting, five or six Mornings together.

Defluxion on the Eyes: Take red Sage, and Rue, of each a handful; fine Wheat-Flower a spoonful; the White of a new-lay'd-Egg beaten to Water: mix them very well, and spread them upon a very thin Leather, or black Silk, and

apply it to the Temples, it draws off the Rheum that afflicts the Sight.

If the Rheum is very hot, and the Defluxion very great, there is no better thing in the World than to wash the Eyes, or drop into them 3 or 4 times a day a little good Brandy; for this Defluxion comes by reason of a weakness in the parts, which this Medicine removes: I know some will be afraid of the smarting, but the Fear is more than the Hurt, nor is the smarting equal with the Pain which is caused by the Disease. Or you may take Powers of Rosemary, which you may bathe upon the Lids of the Eyes 5 or 6 times a day, shutting the Eye-lids in the mean season very close, this stops the Rheum also, be it never so extrem. When the vehemency of the Pain and Defluxion is stop'd, you may confirm the Cure by often washing the Eyes with the following Water. Take Damask Rose-water half a pint; Saccharum Saturni, Roch-Alom, of each a dram; White-Vitriol a scruple, mix them.

Debil's-Bit: This Herb and Root being boiled in White-wine, makes a Decoction, good against the Plague, and pestilential Airs, and Diseases occasioned thereby, as Fevers, &c. It is an Antidote, and much fortifies against Poisons, and helps the Pain caused by the stinging or biting of venomous Beasts; and also for inward Bruises, Contusions by Blows, and dissolves congealed

or clotted Blood. The Root and Herb bruised and applied Poultisewise, takes away the black and blue Marks in the Skin. The Decoction of the Herb only mixed with Honey of Roses, is with success applied to Tumours and Swellings in the Throat, by often gargling the Mouth, and down the Throat, as conveniency will permit: It helpeth to procure Womens Courses, and easeth all Pains of the Mother, expels Wind in the Bowels: The Pouder of the Root drunk in Wormwood-Water, kills and drives out Worms: The Juice of the distilled VVater is good to wash green Wounds with, or old Sores: It cleanse the Body, being taken inwardly; and the Seed decocted, takes away the Itch, cures old Sores, removes Freckles, Pimples and Morpew, the Parts being bathed with it especially, and the sooner, when a little Vitriol is dissolved in it.

Diacodium: Is a Syrup made of White-Peppery-Heads and Seeds 8 ounces; Black Peppery-Heads and Seeds 6 ounces, boiled in fair Water 8 pounds to 3 pounds, then prest forth, and made into a Syrup with 32 ounces of Sugar. It causes Rest and Sleep, and eases Pains in any Part: Is good against Weakness of the Back, Coughs, Colds, Catarrhs, and stops all sorts of Fluxes, and Bloody-fluxes. Dose from 1 spoonful to 2 in any convenient Liquor. To Children the Dose must be less.

Diarthrea: Mix fifteen Grains, or if the Distemper be but light, ten grains of the Pouder of Rubarb, with half a dram of Diacordium, and take it either going to Bed, or early in the Morning after the first Sleep. It stays Loosenesses, and remedies Fluxes in the Belly.

There is no better thing in the World than my Laudanum Specificum, which may be given from one grain to four, more or less, according to Age, it cures infallibly. Children which cannot take Pills, may take my Gutta Vita, from 10 drops to 60, according to Age; give them in Ale or Wine every Night going to Bed.

Difficult Breathing: Take Castoreum dried to Pouder two or three grains, at the most but four; mix this with ten or twelve grains of Galcoin Pouder, add a little Syrup or Conserve of Roses, and being taken, wash it down with a mixture of five drams of Pennyroyal-Water, and two drams at most of Compound Water of Briony.

If it comes from tough hard Pleura, my Spiritus Aperient, or Spiritus Anticolicus are famous things, being given from 20 drops to 40 in Ale or Wine, and in all the Liquor they drink. But if it is an Obstruction of the Lungs from a stagnation of the Blood, or the Humours being too thick, give Spirit of Martians or Sal Armoniack from 30 to 60 drops in a glass of Wine, or Sweet-grass-Water. Dill

Difficulty in Hearing: Take a chive out of a Root of Garlick, put a fine piece of Thread or Silk thorough it at the end, that it may be easily plucked out again; crush it a little between your Fingers, and anoint it over with the Oil of Bitter Almonds, and so put it into the Cavity of the Ear, at going to Bed; and draw it out the next Morning, stopping the Ear with Black Wool: But if the first time succeed not, you must use it oftner. *My Gutta Vitæ drop'd into the Ear, is excellent in this case.*

Digestives: Take two ounces of Venice-Turpentine, incorporate it well with the Yolk of an Egg, add to it at discretion a little Spirit of Wine: with this dress the Part Morning and Evening, laying on thicker, if the Part be near some Nerve, and the less where it is most fleshy, and it will soon bring it to a Head, or dispel the Tumour, Humours, or Pain contracted. It is used instead of Basilicum.

Digestion to help: Take fine Sugar, powdered and sifted two ounces, sprinkle on it the Spirit of Wormwood; then take a quarter of an ounce of Gum Tragacanth, and steep it all Night in Rose-water; then take some of this, wet the Sugar with it, and beat them together till it come to a Past like Dough: you may add a little Musk, and then

make it up into Cakes the breadth of a Groat: Lay them upon Plates, and dry them gently in an Oven, keeping them in a dry place. Eat one or two of them in a Morning, & they will help digestion.

If it comes from a Cold Stomach, nothing is so good, as to eat now and then a bit of Barbadoes Green Ginger.

Dill: This is a great strengthner of the Brain: The Decoction of it is good in Pains and Swellings, eases Pains in the Belly, and is excellent for Women troubled with Pains and Windiness: It stays the Hiccough, if you hold your Nose over the steam, if boiled in Wine. The Seed is of greater virtue than the Leaves, as being more powerful to digest vicious and raw Humours, and very useful in Medicines appropriated to expel Wind: It dries up moist Ulcers, more particularly in the Secret Part. Dill-Oil resolves Humours and Apostems, eases Pains, and procures Rest. The Herb or Seed in White-wine expels Winds, and provokes the Terms.

Dill-seed, &c. Its Virtues: Four drops of the Oil extracted from it, and half an ounce of the Oil of sweet Almonds mingled together, and taken in warm Ale, are excellent good for Hiccoughs when they proceed from cold Causes. The Seed bruised and applied, dissolves and ripens Tumours, dispose

disposes to Sleep, being steeped in Wine. They take off the excessive Heat and Desire in Venery, stay Vomitting. The tender Tops and Roots boiled with the Seeds in White-wine, greatly provoke Urine, and are helpful in dissolving or bringing away the Stone or Gravel.

Distilled Vinegar: Put six quarts of strong White-wine-Vinegar into an earthen Pan, evaporate about a quart in a Bath, till the phlegmatick Part is removed: pour what remains into a glass or earthen Cucurbit; distil it in a strong Sand-heat, till nothing but a substance like Honey remains at the bottom. It is mixed likewise with Cordial Portions to resist putrefaction, and outwardly applied, it asswageth Inflammations; half an ounce of it may be taken at a time in any proper Liquor.

Diureticks: Peel off the inner Rind or Skin of an Egg-shell, beat the Shell to a very fine Powder, and take about a scruple of it at a time in a spoonful of convenient Liquor.

It eases Pains and Obstructions; adding to it Powder of Crabs-Eyes, it brings away the Stone or Gravel.

Diuretick-Tablets: Take Stone-Parley, Roots of Rest-harrow, Butchersbroom, Pen-nel, Etingoes, of each half an ounce; the Seeds of Burdock and Groundsil, of each two

drams: boil these in two pints of the distilled Water of Radishes. Boil the straining, according to Art, with half a pound of double refined Sugar, into Tablets of two drams weight apiece, and take one or two of them in a Morning fasting for the Stone or Gravel, or Ulcerations in the Kidneys, or Bladder.

Dock: It is a great cleanser of the Blood, and strengthener of the Liver, when they are afflicted with Choler. Some hold that the yellow Dock-roots work most effectually, when they are so afflicted: All Docks have in them a kind of cooling, drying quality, but not all alike: The Sorrel being most cold, and the Blood-wort most drying, the Seed of them stays the Lasks and Fluxes of divers kinds: The Roots boiled in Vinegar, cure and take off the Itch and Scabs, (the place being washed with the Concoction) and the Breakings out of the Skin. The distilled Water of the Herb and Roots have the same virtue, and more especially cleanse the Skin, from Morpew, Spots, Freckles, or any other discolourings: Any of the several Docks being boiled with Meat, make it boil sooner; Blood-wort especially is a very wholesome Pot-herb, though some, ignorant of its virtues, refuse it, because it makes the Potage blackish: but those are more nice than wise.

Doctor

Doctor Stephen's Water: Take a gallon of Claret-wine, or Canary, Cinnamon, Ginger, Grains of Paradise, Gallinjal, Nutmegs, Aniseeds, and Penel-seed, of each three drams; Sage, Mint, red Roses, Pellitory of the Wall, wild Marjoram, Rosemary, wild Thyme, Camomil and Lavender, of each a handful; bruise the Spices small, cut and bruise the Herbs, and put all into the Wine in an Alembick; and after it has stood twenty four Hours, distil it.

It is good against fainting and swooning Fits, expells Wind, eases the Colick, and strengthens a weak Stomach.

Wodder of Thyme: It is effectual in Melancholy, and purges black or burnt Choler; it takes away the Trembling of the Heart, Swoonings or Faintings; all Diseases and Grievs of the Spleen and Melancholy arising from the windiness of the Hypochondria: It purges the Reins and Kidneys, it opens the Obstructions of the Gall, and is thereby helpful in case of the Jaundice: It purges the Reins of phlegmatick, and cholerick Humours, and mixed with a little Wormseed, is good in Agues in Children.

It may be infused in White-wine an ounce or more to a pint, for almost two hours scalding-hot; then press forth, and being sweetened with Sugar, it to be drunk every Morning fasting,

or Evening going to Bed.

Dog-Biting: If you are bitten by a mad Dog, or any other, Take the Roots of Gentian one dram, Myrrh two drams; the Eyes or black Claws of Crabs burnt and powdered, two drams; put them into White-wine, boil them, and straining out the Decoction, drink a quarter of a pint at a time fasting, if you can, and very warm; then wash the Wound with your own Urine, wherein Rue and Carduus have been boiled, and so continue to do three or four Days successively, having first laid some of the Powder dry on it, to draw out the purified Blood, and cleanse it.

Inwardly give the Powder of the Liver of the same Mad-Dog to one dram, in White-wine every Morning and Evening for a Week or more; and having wash'd the Place bitten with Salt-brine very hot, apply thereon Emplastrum Epispasticum, which let lie on 12 or 14 Hours, &c. and being whole, apply a second blistering Plaster as before. If you have none of these things, then immediately hold almost close to it, a Red hot Iron, till a Blister arises, so will you deliver the Patient from the danger of Death.

Dogs-Balls: It is gentle in its operation; being boiled in White-wine or Ale, it openeth Obstructions of the Liver and Gall; it removes the Stoppage of Urine, eases Gripings, and Pains of the Belly, and

and Inflammations. The Seeds work powerfully in expelling Urine, and the Decoction of them stays Lasks and Vomiting: The Roots boiled in White-wine, are a general Remedy against all Diseases occasion'd by Stoppages.

Dogs-tooth: This is a kind of Grass so called, and has in it many excellent Vertues in Physick; viz. The Decoction of it healeth the Pains of the Belly, helps difficulty in making Water, breaketh the Stone, and brings away Gravel. The Root bruised and applied, searcheth Wounds, and keepeth them from Inflammation. If the Decoction be put into a little Wine or Honey, and the third part of so much Myrrh, Pepper and Frankincense, and be made to boil in some Copper Vessel, it is a singular Remedy for the Tooth-ach, and Rheums falling into the Eyes. It is good for the Head-ach, being stamped and applied to the Forehead. It likewise stanches Bleeding at the Nose, and the Seed thereof greatly provokes Urine, and hindeth the Belly, and stayeth Vomiting, &c.

Darnel: The Meal of it is good to be applied to Gangreens, or any the like fretting and consuming Cancers, or corrupted Sores. It is excellent to cleanse a Leprous Skin, or that which is affected with Ringworms or Morpew. It dissolves Knots and Kernels,

being used in quick Brimstone and Vinegar, breaking those that will not easily dissolve. Being boiled with Pigeons-Dung and Linseed in White-wine, it gives ease to the Sciatica. The Meal of it applied Poutiswise, draws Splinters or Thorns out of the Flesh, as also Splinters of broken Bones, so that they may be easily taken out. The Red Darnel boiled in Red Wine, is excellent to stay Lasks, Fluxes, and bloody Issues; and retains Urine that would otherwise pass away too suddenly.

Doves-foot, Is a present Ease for the Wind-Cholick: It expels the Stone and Gravel in the Kidneys; and boiled in White-wine, is good for Bruises, Hurts or Wounds, stays Bleeding, dissolves and expels congealed Blood, cleanseth old Sores and Ulcers, being washed therewith, as also Fistula's. The green Herb bruised and applied to green Wounds, asswageth the Pain, and allays the Inflammation. The Decoction of it in Red-Port-Wine, eases the Pains of the Gout, and Aches in the Joints or Sinews: the Powder or Decoction of it taken for some time together, is experienced to be very helpful in the Rupture or Bursenness of Old or Young. This Herb, by some, is called *Crane-Bill*.

Down, by some called *Cotton-Thistle:* The Leaves and Roots help (if the Juice or Decoction of them be drank) Cricks

Cricks and Pains in the Neck. *Galien* affirms, That the Roots and Leaves are of a Healing Quality, and help against Convulsions of the Nerves, whereby any part of the Body is drawn up by some Spasm, as the Rickets in Children, and the Shrinking of the Sinews, in Old People.

Dragons: The Water of this distilled, scoureth and cleanseth the Body: being apply'd outwardly, it takes away Freckles, Morpew and Sun-burn, especially if mixed with strong Vinegar: an Ointment of it is good in Wounds: it consumes the offensive Flesh growing in the Nostrils, called Polypus, and Cancers. If drop'd into the Eye, it takes off Films. It is likewise good against the Pestilence.

Drink in Fevers: This is most excellent in hot and continual Fevers, viz. boil a handful of the Leaves of Rue in fair Water till it taste very strong of it; strain it, and add an ounce of beards Licorice, and two ounces of Sugar, to half a pint of this add ten drops of Spirit (not Oil) of Vitriol, and use it for an ordinary Drink, and it will allay and drive out the Heat that occasions the Fever.

Drink, Another: Take half a pint of Small-beer, half an ounce of burnt Harts-horn; powder it, and boil a little in the Liquor, and it will fortifie the Heart, and expel the Heat.

The usual way of making the Harts-horn Drink, is thus: Take Harts-horn burnt White, and in fine Powder, one ounce; fair Water three quarts: boil till one quart is consumed; then strain out through a double Cloth; add to it a little Sack, Whey, and sweeten it with five or six ounces of double refined Sugar. If you please, you may (after it is sweetned) put in the Yellow of one whole Lemon-Peel, to give it a pleasing flavour, which may be kept in the Drink all the While it is drinking.

Drink for Malignant Fevers: Take Spring-water a quart, give it a waim or two, put into it an ounce of burnt Harts-horn; the mixture being cold, put in three ounces of Syrup made of the Juice of Lemons; shake them well together, and take a quarter of a pint both Morning and Evening.

Drink for Head-Pains: Take of the Leaves of Senna one ounce; Cinnamon, Aniseeds, Fennel-seeds and Carraways, of each a dram; Licorice two drams; Rosemary and Sweet-Majoram a handful; shred and bruise these, and slice in three or four new Flgs, boil them in three pints of Water, with an ounce of Sugar, till a third part be consumed; then strain it. The Dose to the weak is about two ounces; but for stronger Bodies, from two to four ounces.

Note, If the Head be pained,

pained, and the Body bound, endeavour, the first thing you do, to open and render it soluble; otherwise the ascending of Vapours to the Brain will so disturb the Head, and discompose it with Heat and Pain, that Lightness of the Head, Phrensies, or raging Madness may happen to ensue, if not timely prevented.

Drink correcting sharp Humours: Take an ounce of choice Barley, wash it very clean, then boil it in a quart or more of Spring-water till the Grains begin to burst; then strain the Decoction through a Cloth, and drink it for your ordinary Drink at Meals.

Drink for the Scurvy: Take two handfuls of Marsh-mallows, and suffer it to work in about two gallons of Wort; use it for all or the greatest part of your ordinary Drink, and it will purge out by gentle breathing Sweats the noxious Humours that occasion the Distemper.

Drink for Wheezing: Take five pints of fair Water, half a pint of Honey, six Pigs, an ounce of Blue Currans, two drams of Licorice; boil them to the consumption of a pint, and drink half a pint of it Morning and Evening pretty hot. This brings away rough Phlegm, cures the pleuritic and slimy Cough, and remedies Shortness of Breath.

Drugs: Take the Roots of Gorse, i. e. the Furz-bush,

(it groweth upon Hills and Heaths, and is full of Prickles and yellow Flowers) pare off the outward Bark, which throw away; then scrape off the inner Rinde, and fill a pint Bottle with it lightly; then fill it up with Rhenish or White-wine; let it stand to infuse all Night, the next Morning drink a glass-ful of it, and continue it till you are cured.

But you ought to purge every fourth or fifth day with these Pills. Take fine Aloe, Cambo-gia, Sal Nitro of each 10 grains; Calamintida in Powder 5 grains; mix and with fair Water make Pills for one Dose. These Pills are bitter: Take fine Aloe, Cambo-gia, of each 8 grains; Calamintida, Turpethum Mineral, of each 5 grains; Sal Nitro 15 grains; all being in fine Powder, with fair Water make a mass of Pills for one Dose: but these are to be given to one of a very strong Constitution.

Dropwort-Root, its Virtue: A Decoction of it provokes Urine, and expels Gravel, cures the Heat of Urine, and removes the difficulty in making it. The Juice of the Root, and the Powder, are held to be successful in the Falling-sickness. The Dose is a dram of the Powder or Juice of the root in Wine. It's excellent in stopping Fluxes. It heals the Ruptures of the Belly, and cures the Bloody-flux.

Ducks, Geese: It swims on

on the Tops of Ponds, mostly in Summer-time; it helps Inflammations and St. Anthony's Fire, as also the Gout, when applied Poultice-wise with Barley-meal. The distilled Water of it is good against Inflammations inwardly, and Pestilential Fevers. It removes the Redness of Sore-eyes, and the Swellings of the Breasts of Women, if apply'd before they be grown too large. The Herb fresh, easeth the Pains of the Head, if caused by Heat or hot Inflammations.

Duck Roasted: Having roasted your Ducks very well, get ready in the mean time the Sauce; boil some Onions sliced very thin in a little strong Broth, put thereto a little Gravy, and some drawn-Butter: but the best and general way for all Wild Fowl, is to boil up the Gravy with an Onion, a little Nutmeg and Butter. For Water-Fowl, it is Customary to boil up, sliced Onions in strong Broth, with Gravy, and a little drawn-Butter.

Ducks or Migeons Fricassee'd: Quarter them first, race them, beat them with the back of your Cleaver: having dried them well, put them into a Pan with Sweet-Butter: Fry them: when they are almost fryed, put into them a handful of minc'd Onions, some little Thyme; after put in some Claret-Wine, with some thin slices of Bacon,

and some Spinage and Parsly boiled green, and minc'd small: when it hath fryed a little while, break in a Dish three Yolks of Eggs, with a grated Nutmeg, and a little Pepper, put these into the Pan, then toss it up with a Ladleful of drawn Butter; pour on your Lair, and let your Bacon be on the top of your Duck.

Duck or Mallard-Pye: Take two or more Wild-Ducks or Mallards, and season them very well with Pepper, and Cloves beaten; some Salt and a little Nutmeg, lay them in a deep Coffin with store of Butter, and two large Onions minc'd small; when baked, liquor your Pye with Butter, only, or with an Anchovy.

Ducks, Migeons or Teal to Boil: First half Roast them, then take them off, and put them in a shallow broad Pan that will contain them, with a pint of Claret-Wine, and a pint of strong Broth, twelve Onions cut in halves, a faggot or two of Sweet-Herbs, with a little whole Pepper, and some slices of Bacon: cover your Pan, and let them stove up, add Gravy to part of the Liquor at last, so much as will serve to dish them: garnish them with Bacon and Onions if you please.

Dulness of Hearing: Take the Juice of Red Onions, and drop it into the Ears, stopping them with Cotton-wool; or the Juice of Briony-root, but

but not too often, nor too much at a time; and the Obstructions, by this means, being opened and removed, the Hearing will be recovered and restored.

Dumplings: Take Flower and temper it very light with Eggs, Milk, or rather Cream, beaten Spice, Salt, and a little Sugar, then wet a Cloth in hot Water, and flower it, and so boil it for a Pudden, or else make it pretty stiff with Flower and a little grated Bread, and so boil them for Dumplings, then butter them, and serve them in.

Dysentery: For this Disease, which many times proves very dangerous, Take the Dung of a Pig, dry it very well, and burn it till it becomes grey in Ashes; put about half a dram of it into a Spoonful of Vinegar, and drink it both Morning and Evening, and it will remove this Distemper.

Of this: Take the Herbs

and Leaves of Fleabane, dry it by degrees, till it be reducible to a Powder; take about a dram of it twice or thrice a day in White-wine, or you may take it rolled up in Conserve of Roses.

This is a singular Experiment: Take Catechu, Jesuits-Bark, both in fine Powder, of each half a dram: Opium dried and made into a fine Powder, one grain mix them for a Dose. It never fails, being taken every Night going to Bed in a Glass of Ale or Red-Wine, for six, eight, or ten Nights, more or less, as occasion requires. For such as cannot take the Powder, you may make the following liquid mixture. Take Tincture of Catechu (made in common Brandy) half an ounce, Tincture of Jesuits-Bark (made in half Red-Port-Wine, half Brandy) two ounces: Liquid Laudanum, from ten to twenty drops, mix for a Dose, to be given in a glass of Red-Wine every Night going to Bed for eight or ten days more or less, &c.

Evil Disposed: If you perceive any Apoplex breeding in the Ears; To ripen it, take fine Wheat-flower an ounce and half, Fenegreek-seed, Goose-grease, Litharge of Gold, Ce-

rule and Frankincense, of each one dram; mix them together, and make a Plaster of them; lay it all over the Ear, having first dropt in some Oil of Myrrh: when 'tis ready to break, take Sarcocolla, Aloe, Dragons-

Dragons-blood, Myrrh and Frankincense, the Drofs of Iron and Verdegrease, of each half a dram; mix them with Vinegar to a thinness, dip a Tent therein, and put it into the Ear.

Earth-worms Prepared: To do this, that they may be kept for any use, you must only slit them down the middle, wash them well in White-wine or White-wine-Vinegar; then dry them in the Sun, and put them up into dry Boxes to make Pouders, or for other Uses upon occasion.

Ebony: The Decoction of it, when rasp'd or made thin in Shavings, is approv'd in Convulsions, if it be drank sweetned with Honey.

Eels to Collar: Take a large silver Eel, take out the Back-Bone, dry and season it, after its having been washed, with beaten Nutmeg and Salt, then cut off the Head, and roul in the Tail, being seasoned in the sides; bind it up close and straight in a fine white Cloth, then put it into a fit Pipkin, with as much fair Water and White-wine, as will cover it upward of two Inches, of each a like quantity: then season it with some Salt, and the Eel being put into the boiling Liquor, when it is boiled pretty tender, take it up; and when the Liquor is almost cool, put to it a little Vinegar, and make a Souce of it, adding some Blades of Mace, and a

few Bay-Leaves, and Tops of Rosemary; and when you intend to use it, take it out of the Cloth, pare it, and dish it up: place a Sprig of Rosemary in the middle of it, and boil up the Liquor it was boiled in to a Jelly, by adding a little Isinglass, and so serve it to the Table.

Eels, Court-fashion, to Bake: Cut your Eels, being washed, stripped, and well cleaned, into convenient lengths; have a convenient earthen Pot, or Vessel, that being put in, they may stand end-ways; and put to them a spoonful or two of Water, with some chopt Sage, Marjoram, Thyme and Rosemary-Tops, with a little Pepper, Garlick, or Shalots, small bruised; and when they are enough, beat up some Butter with Claret, White-wine, and the Liquor that comes from them, and laying them in order in a fair dish, serve them up.

Eels to Boil: Take them and draw, fley, and wipe them clean; having cut them in pieces, boil them in White-wine, VVater, Oister-Liquor, large Mace, three or four Cloves bruised; Salt, Spinage, Sorrel, Parsley, grossly minced; an Onion, Pepper, and an Anchovy: dish them up in Sippers with their own Broth, beating up a Lear with good Butter, Yolks of Eggs, with slices of Lemon, and some Lemon-Peel.

Eels Wash'd: Take two or three large Eels, bone them: when they are drawn and wash'd, mince them; then season them with some Cloves and Mace, and put to them Stewing Oysters, an Onion cut in four quarters, and a little White-wine: stew them with these and an Anchovie or two on a gentle Fire: then serve them up on fine carved Sippets, the Dish being garnish'd with some slices of Oranges; run them over with beaten Butter, the Yolk of an Egg or two, grated Nutmeg, and the Juice of an Orange.

Eel-Pye, to Season: Take about eight silver Eels of a middle size, cut them into convenient lengths; beat half an ounce of Cloves and Mace, scrape two Nutmegs, and put in a quarter of an ounce of Pepper; then take a quarter of whole Mace, break it into little sprigs, strew it on with Salt; and add two pound of Butter, placing it under and above the Eels in thin slices.

Eel and Oyster-Pye: Make your Past, and roul it thin, and lay it into your Baking-Pan; then take great Eels and fley them, gut, and cut them in pieces, wash and dry them; then lay some Butter in your Pye, and season your Eels with some Pepper, Salt, Nutmeg, Cloves and Mace, and lay them in; then cover them all over with Great Oysters, and put in three or

four Bay-Leaves, then put in more of your beaten Spices and Salt; then cover them well with Butter, and put in two or three spoonfuls of White-wine; so close it, and bake it, then serve it in hot to the Table.

Eel to Roast: Take a large silver Eel, draw off the Skin, and cleanse it well: then take a handful of Thyme, and Winter-Savoury, Marjoram, Rosemary and Sage; shred them, and bruise them small: incorporate them with about half a pound of Sweet-Butter, and a little grated Nutmeg and Mace; stuff it into the Eel's Belly, sew it up lightly, and then draw the Skin over him: prick it full of holes, to prevent breaking, so tie it to a Spit and roast it; saving what comes from it, to be beaten up with some Butter and Claret for the Sauce.

Eels Spitchbroil'd or Broil'd: Take a pretty large Eel, split it down the Back, and joint the Bone, but leave on the Skin, and cut it into four pieces of equal bigness; salt and baste them with Butter and Vinegar, broil them on a gentle Fire; and being well broil'd, serve them up with beaten Butter and Juice of Lemons, and garnish'd with Sprigs of Rosemary.

Eels Stewed: Having drawn and wash'd them, place them round or in pieces; then with a quart of White-wine, a

pint and a half of Wine-Vinegar, and a quart of Water; some Salt, and a handful of Rosemary and Thyme bound hard up, letting them boil before you put in the Eels; let them take a walm or two, and so put to them some whole Pepper, and a few blades of large Mace; and when boiled, dish them with some of the Broth, beat up thick with Butter: place Sippets, sliced Lemon, Barberries and Grapes about the Dish, and so serve them up.

Eels Stewed, Another: To do this, You must cut the Eels in pieces at moderate lengths, and put them into your Stew-pans, with White-wine, Butter, Parsley shred, and some Capers; a few Chipplings of Bread, to allay the Sauce and when all is enough, serve it up: and if you please, you may make a white Sauce to it with Whites of Eggs and Verjuice, or White-wine and Vinegar.

Eels, Another way: Cut two or three Eels into pieces of a convenient length, set them endwise in a Earthen-Pot, and put in a spoonful or two of Water; and to them put some Sage, Thyme and Winter-Savoury chopt small, season them with Salt and Pepper, and so set them in the Oven, and serve them up with a Sauce of Butter, Mace, Nutmeg, Verjuice, and the Herbs baked with them.

Eels Fricassee'd: Take middling sort of Eels, scour them well, and cut off the Heads, and throw them away; then gut, and cut them in pieces, then put them into a Frying-Pan, with so much White-wine and Water as will cover them; then put in whole Spice, a bundle of Sweet-Herbs, and a little Salt, let them boil, and when they are very tender, take them up and lay them in a warm Dish; then add to their Liquor two Anchovies, some Butter and the Yolks of Eggs, and pour over them. Thus you may make Fricassee of Cockles and Shrimps or Brawns; garnish your Dish with Lemon and Barberries.

Eglantine: The Vertues of the Flowers are Astringent, for which reason they are used with Success in Fluxes of the Womb: the Fruit is in high esteem for its Lithontriprick Vertue; the Heads being ripe, afford a Pulp of a very pleasant sharp Taste, which some reckon good in Fevers, or to sharpen and restore lost Appetites. The Conserve of it, is good against Spitting of Blood, and the Scurvy. The Root boiled in White-wine, and inwardly and outwardly applied, heals the Bitings of Mad Dogs. The Ashes of it cure the Heat of Urine, and kill Worms.

Take the Conserve of Hips and Wood-forrel, of each one ounce; Cream of Tartar a

dram; Conserve of Barberries half an ounce; and with the Juice of Lemons and fine Sugar, make these into an Electuary, and thrice a Day take the quantity of a small Nut. It is excellent in allaying the Heat of Fevers, and Cooling the Blood.

Eggs with Anchovies: Break twenty Eggs in your Butter in a Dish, as at other times, and set them on Coals, then take eight Anchovies, and dissolve them in six spoonfuls of White-wine, and pour them into your Eggs; then having one handful of Pistaches beaten small in a Mortar, put them into your Eggs with a quarter of a Pint of Mutton Gravy: if you please, you may leave out your White-wine, and dissolve your Anchovies in Mutton-Gravy: let not your Eggs be too stiff; then having a Dish full of Toasts, cut into large Sippets, lay your Eggs by spoonfuls on the Toasts, or else dish them otherways, with the Toasts about them, on the Brims of the Dish.

Egg-Caudle: Take a pint and half of Ale, put it over the Fire, and scum it; then put in four Blades of large Mace, a sliced Manchet and Sugar, the Yolk of Eggs dissolved in Claret, let it boil a little for use.

Eggs Fricassee: Take twelve Eggs, Cream, Sugar, Nutmeg, Mace and Rose-wa-

ter; then pare and take out the Cores of some good Apples, slice them very thin into the Pan, and fry them in Sweet-Butter; and when they are enough, take them up, and fry half the Eggs and Cream with more Sweet-Butter; then put in the rest of the Eggs and Cream, and lay the Apples round the Pan, and the Eggs that were first fried uppermost. Dish them on Platters, and put to them the Juices of Oranges and Sugar.

Egg-Pastes, or Florentine: Make up a Paste of little Flower, and some Water and Salt; or if you please make use of a finer Paste, spread it abroad, cut it into Morfels, raise the Borders of each piece to make as many little Pyes as you have Pieces: beat a fresh Egg into each of these Pastes, season them with Salt, Cloves, and a little beaten Cinnamon, after which put on their Lids, and cause those little Pyes to be moderately baked, or fried in fresh Butter, and you must have a Care to give off frying them before your Eggs are too much hardened.

Egg-Dye: Take the Yolks of eight or more hard Eggs, shred them small with the weight of Beef-Suet, mix it very small; then put in a pound of Currans, four ounces of Dates, stoned and sliced, some beaten Spice, Lemon-peel, Rose-water and Sugar

and a little Salt, mix them well together; if you please, you may put an Apple shred small, to fill your Pyes and bake them, but not too much, serve them to the Table with a little Wine.

Eggs to Poach: To do these the best and surest way, Take a dozen of new-lay'd Eggs, and the Flesh of four Partridges, or other Fowls; mince the Flesh small, and season it with a few beaten Nutmegs, Cloves and Mace, adding a Ladle-ful of the Gravy of Mutton, wherein two or three Anchovies are dissolved: then set it a stewing over a gentle Fire, and when it is half stewed, and boiling up, break in your Eggs one by one, putting away the better half of the Whites: make a place in your Dish of Meat, and therein put the Yolks of the Eggs round in order among them; so set them to stew till your Eggs be enough, taking care they harden not; then grate in a little Nutmeg, and the Juice of a couple of Oranges, but none of the Seeds: wipe the sides of the Dish, and garnish it with slices of Oranges and Lemons, and a little Pepper, Sugar and Salt.

Eggs to Poach, Another: Fill your Dish with toasted Sippets, put to them half a pint of Tent, grate a Nutmeg on them, your Eggs being rarely done, and drain'd clear from the Water by a

little false Bottom, or Spoon made for that purpose, lay them on your Sippets and Wine, being moderately warm, serve them up.

Eggs Poach'd, Another: Boil Vinegar and Water together, with a few Cloves and Mace: when it boils, break in your Eggs, and turn them about gently with a thin Slice, till the White be hard, then take them up, and pare away what is not handsom, and lay them on Sippets, and strew them over with plumped Currans, then take Verjuice, Butter and Sugar, beat them together, and pour over and serve them in hot.

Eggs Quelquechose: Break about forty Eggs, and beat them together with some Salt; fry them at four times on one side; and before you take them out of the Pan, make a Compound or Composition of hard Eggs; boil some Sweet-Herbs, finely shred with some Currans: Then put to them the Eggs, and strew them over with beaten Cinnamon, Almond-paste, Juice of Oranges and Sugar; and dividing them, roul them up like Wafers, and put them in a Dish with Juice of Lemons, and white Sugar: then warm and Ice them over in an Oven with beaten Butter and fine Sugar, and serve them up as a Dish very admirable and rare.

Eggs, the Spanish Way: Take about twenty new-lay'd Eggs, break and mix them with a quarter of a pint of Canary, and a quarter of a pound of Sugar, some grated Nutmeg, and Salt; beat them together with the Juice of an Orange, set them over a gentle fire, keep them stirring till they begin to thicken; serve them up in a Dish with toast-ed Manchet and scraped Sugar; sprinkle them over with Orange-juice, Consists or sweet Wine, having dip't the Toasts before you lay them in the Juice of Oranges, Claret, or White-wine.

Egg-Tart, or Cate: Put into a Tart-Pan about the bigness of an Egg of fresh Butrer, and while it is boiling, you must beat five or six Eggs, add Salt unto them, and the bigness of a great Turkey-Egg in grated White-bread, or two spoonfuls of fine Flower, beat all these Ingredients together, and afterwards add unto them two or three spoonfuls of Cream, or Milk, and a little quantity of Sweet Spices, or beaten Cinnamon; after which beat your Eggs once again, and pour them into a Tart-Pan, when your Butter shall be well melted, and half red, cover your Tart pan with its Lid, upon which you must lay hot Ashes and a few Embers, that so your Tart may be baked on all sides; and when it is thoroughly baked, serve up your Tart

very hot: you may if you please. grate Sugar on it, and sprinkle it with some Rose-water.

Egg-Tausy: Take twenty Yolks of Eggs, (and strain them on flesh days) with about half a pint of Gravy, on Fish days with Cream and Milk) add Salt and four Mackeroons small grated, as much Bisket, some Rose-Water, a little Sack or Claret, and a quarter of a pound of Sugar, put these things to them with a piece of Butter as big as a Walnut, and set them on a Chafin-dish with some Preserv'd Citron, or Lemon grated, or cut in small Pieces, or little Bits, and some pounded Pistaches, being well butter'd, dish it on a Plate, and brown it with a hot Fire-shovel; strow on fine Sugar, and slick it with Preserv'd Lemon-peel in thin slices.

Elder to Pickle, or any or many other Buds of Trees in the Spring, that useth to serve for Spring-Sallers: Give them one or two walms with Vinegar, Salt, whole Pepper, Long-Mace, and a Lemoo-peel cut in pieces; then drain them, and let the Buds and the Liquor cool severally, afterwards put them in a Pot, and cover them with your Pickle.

Elder-Water: Take some Rye-Leaven, and break it small into some warm Water (let it be a sowre one) for that is best, about 2 ounces or more: then take a Bushel of Elder-berrie

beaten small, and put them in an Earthen Pot, and mix them very well with the Leaven, and let it stand one day near the Fire, then put in a little Yest, and stir it well together to make it rise; so let it stand ten days covered, and sometimes stir it; then distil it in an Alimbeck, keep the first Water by it self, and so the second, and the third will be good Vinegar: if afterwards you colour it with some of the Berries. Distil it with a slow Fire, and do not fill the Still too full. This Water is excellent for the Stomach.

Electuary: It is a certain form of Medicaments, soft; made up of fine Pouders, and thrice their weight of Clarified Honey, or of Pulps, and twice their weight of Honey, or some proper Syrup.

Electuary Stomachick: Take Barbadoes Green-Ginger a pound, slice it small, and beat it to a Pulp, to which put Pulp of Tamarinds half a pound, or Syrup of the Juice of Citrons or Lemons, three quarters of a pound: mix them: Dose as much as a Walnut 2 or 4 times a day.

Electuary for Obstructions: Take Cinnamon, Mace, the Roots of Asarabacca, Spikenard, Mastick and Saffron, of each an ounce; unwash'd Aloes twelve ounces: clarify'd Honey eighteen ounces: make these up into an Electuary. It powerfully opens Obstructions, yet purgeth but gently,

and greatly cleanses the Stomach. The Dose is from two to three drams

Electuary Purgting: Take Rhubarb an ounce, bring it into Poulder; then in a Marble or Glass Mortar, put about half a pound of Currans clean pick'd and wash'd, and bruise'd as small as may be, strewing and incorporating the Poulder of Rhubarb with them; and of it take in the Morning fasting as much as an ordinary Walnut. This is good for Pains and Gripes, and especially Worms in Children.

Elitir for the Head: Take Mistleto that grows on the Oak, Piony-roots, and the bigger Valerian, of each an ounce and an half; Laurel, Juniperberry, and Piony-seeds, of each an ounce: Cinnamon, Mace and Cubebs, of each three drams; Flowers of Rosemary, and Lavender, of each a handful: bruise what is to be so bruised, and macerate them together twenty four hours in the Wine of Black-Cherries and Juice of the Lily of the Valleys, and Spirit of Wine rectified, of each twenty four ounces: then having distilled them, dissolve in the Water a pound of the best white Sugar, and a dram of the Tincture of Ambergrease: keep it close stopp'd.

Elitir Proprietatis: The new way to do this, is to take Saffron, Myrrh and Aloes, of each half an ounce; the recti-

fied Spirit of Wine very near three quarters of a pint ; Spirit of Sulphur per campanam, half an ounce : draw, in the first place, a Tincture from the Saffron into the Spirit of Wine, by infusing or digesting it six or seven Days : then add grossly bruised Aloes and Myrrh, and the Spirit of Sulphur ; digest them in a long Vial well stopp'd for the space of thirty Days, but keep it frequently shaking ; then you will find a black Tincture on the sides, pour that off, and let it stand still for twelve hours, and so decant it till you find no sides at the bottom. The Dose is fifteen or twenty drops in a Morning, in a glass of Wine, or some convenient Liquor.

This Elixir is Stomachick, Anodyne, Alexipharmick, and Uterine. It has great success in Tertian Agues, and may be safely given to all Ages and Constitutions. It alters, evacuates and strengthens.

Elixir Salutis : Take of the Leaves of Senna, four ounces ; Guaiacum and the Roots of Elecampane dried, of the Seeds of Anise, Caraways and Coriander, of each two ounces ; of Licorice two ounces ; Raisins of the Sun stoned half a pound : infuse them cold in three quarters of Aquavita, or some other good Spirit of the like Nature, not too strong, for the space of four Days : draw it off, and

bottle it up. If it proves an excellent Cordial, you may, if you would have it somewhat more Purging, put a few slices of Rhubarb into it. It is good in the Colick, or any Pains of the Belly ; also it cleanses the Stomach, and dissolves the Stone in the Bladder or Kidneys. It brings away the Gravel and Stone. Two or three Spoonfuls are a sufficient Dose for an ordinary Constitution ; and so more or less, as it can be borne.

This is the Common Receipt of it ; but it will be much better, if it be made with the following Particulars and Proportions : Take choice Senna 16 ounces : Elecampane dried, Licorice, Aniseed, Juniper-berries, of each 6 ounces : Aquavita a gallon : mix, digest a Week, strain, and then dulcify it with a Simple Syrup of Licorice. Or you may make it thus with Jallop. Take Alexandrian Senna 12 ounces : powder of the best Jallop one ounce : Aniseeds, Juniper-berries, Licorice, Elecampane (all bruised) of each 2 ounces : Aquavita a gallon : mix, digest 10 or 12 days, then strain, and dulcify it with Syrup made of double refined Sugar. You may give from 3 Spoonfuls to 6 more or less, according to Age and Strength.

Elecampane - Roots to Preserve : Take the Roots, wash and scrape them very clean, cut them thin unto the Pith the length of your little Finger ; as you cut them, put

them into Water, and let them lie therein 30 days, shifting them twice every day, to take away their Bitterness ; weigh them and to every pound of Roots you must add 12 ounces of clarified Sugar ; first boiling your Roots as tender as a Chicken, and then put them into your Sugar aforesaid, and let them boil upon a gentle Fire, until they be enough, then let them stand off the Fire a good while, and betwixt hot and cold, put them for your use.

Elecampane to Candy : Take of the fairest Roots, take them clean from the Syrup, wash the Sugar off, and dry them with a Linnen Cloth ; weigh them, and to every pound of Roots, you must add a pound and three quarters of Sugar ; clarify it well, and boil it to the height of *Marus Christi* ; and when it is so done, dip in your Roots, three or four at once, and they will candy very well, so stow them and keep them all the Year for your use.

Elme : The Leaves, Branches and Bark of this Tree are Astringent. The Leaves bruised with Vinegar, stop Bleeding ; and applied to fresh Wounds, facilitate their Cure ; as also boiled in Vinegar very strong, they much avail in the Leprosie. The Bark of the younger Sprigs boiled in Spring-water almost to the Consistence of a Syrup, and

a third part of Aquavita mixed with it, is an excellent Remedy for the Gout in the Hip, if the Part affected with it be fomented before the Fire. The Water in the Bladders on the Leaves, clears the Skin, and mends the Complexion. Cloaths being wet in this Water, and applied, helps Burstenness in Children, the Bowels being at the same time kept up with a Truss.

Take of the Bark of *Elme* six drams, Red Roses half a handful, Raisins of the Sun stoned twenty : boil them in a sufficient quantity of Water to a pint and half ; dissolve in it Honey of Roses, and simple Oxymel, of each two ounces. It is an excellent Gargarisme for Inflammations, and in hot Diseases that dry and parch the Mouth or Throat, or in such as afflict them with too much Phlegm and slimy Matter.

Endive - Water : This is an excellent cooling Water to mix with cooling Syrups, and to give in Fevers and hot Diseases : It allays hot Inflammations and the Heat of the Blood. The Herb eaten in Sallads raw or boiled, resists Choler. It prevents Heat breaking out, that deforms the Body with Pimples and Redness, and frequent flushings of the Face.

Enula Campana ; see Elecampane.

Epilepsie: Children, it is observed, are many times troubled with the Falling-Sickness, either during the first Month after a Looseness, (in which case, Diacodium Solidum to the quantity of three Pepper Corns dissolved in Saxifrage-water, or the Woman's Milk, is given with success,) or about the time of their breeding Teeth from the 7th. to the 10th. Month; it is accompanied with a Cough, or, what is worse, Vomiting and Looseness, voiding green Excrements: In this case apply a blistering Plaster, as soon as may be, to the hinder part of the Neck.

Take of *Langius's Epileptick Water* three drams, *Liquid Ladanum* two drops, or more, if the Child be strong; *Syrup of Peony* one dram: mix them for a Draught, which must be presently given: or, Take of the *Water of Rue* three ounces, *Langius's Epileptick Water*, the Compound of *Briony-Water*, of each an ounce: *Syrup of Gilliflowers* half an ounce. Of these well mixed together, make a Cordial or Julep, and give a spoonful every Hour, if the fore-mentioned Draught has not dissolved the *Pteryxym*.

The Specifick that Authors most commend in this Case, is the Volatile Spirit of Vitriol, which is that Volatile, and which comes forth in Distillation, before the

Erethine: To clear a Stuffed Head and stopped Nostrils, which makes the Patient to breathe only through the Mouth. Take *White-wine* a quart; dissolve in it of pure *Nitre* an ounce; of this let the Patient snuff up their Nostrils pretty warm, letting it come out at the Mouth again, so long till about half a pint is passed through this passage: and to do this Morning and Evening so long till the stoppage is removed, which will be in some little time: this is if the Obstruction is very great. But if the Obstruction is less, and not stubborn, let the Patient dissolve an ounce or more of *Nitre* in a quart of *New Milk*, or in a quart of *Water*, and use it in like manner warm as before, it will do Wonders. You may put either more or less of the *Nitre*, into that quantity of *Liquor* named, according as the Patient is able to endure it, whether stronger or weaker.

Eringoes, otherways called *Sea-Holly*: It forces *Urine* and the Courses, expels *Wind*, helps the Jaundice, and eases the Gripes in the Belly and Stomach. The Roots candied, are reckoned among Sweetmeats as very wholsom and pleasant, and are good Preservatives against the Plague, contagious Fevers, and infectious Airs: Those that have the Consumption, would do well to eat them often. The Roots candied, cure the Gonorrhoea, and prove advantageous in contributing to the Cure

Cure of the French-Pox. Some hold that being stamped and applied to the Bellies of Women, they prevent Abortion.

Eringo-Roots to Preserve: Take one pound of them, fair, but not knotty, wash them clean, so done, set them on the Fire, and boil them very tender, peel off their outermost Skin, but break them not; and as you pare them, put them into cold Water, let them remain there until all be finish'd: you must add to every pound of Roots three quarters of a pound of clarified Sugar, and boil it almost to the height of a Syrup, then put on your Roots, but look they boil very gently together, with as little stirring as may be, for fear of breaking, until they be enough: when they are cold, you may put them up, and keep them for your use.

Eringo-Roots to Candy: Take and boil them pretty tender, peel, pith, and lay them together; take their weight in Sugar, and put it in as much Water as will melt it, then put in your Roots, and let them boil softly, until such time as the Sugar is consumed into the Roots, then take them, and turn them, and shake them until the Sugar be dried up; then lay them to dry on a Lattice of Wire till they be cold: after this manner you may Candy any other Roots.

Crisselas: This is a very

strange Distemper, for all parts of the Body, with the Face especially, are swollen red, and full of Pains, overspread with little thick Pimples, which sometimes rise into Blisters, and the Eyes seem to be closed with the Swellings, Coldness, Shivering, and the like. In this case, take of *Lily-roots* and *Marshmallow-roots*, of each an ounce; *Camomil-flowers*, *Elder* and *Base Mullein*, *Melilot*, the Tops of *St. John's-wort*, and the lesser *Centaury*, of each a handful; *Fenugreekseed* and *Linseed* of each half an ounce; boil them to three pound in a quantity of Water sufficient to do it; strain out the Liquor, and when you design it for use, add two ounces of the Spirit of Wine, and in this Water so strained out, dip pieces of new Flannel, and having squeezed them, apply them hot, often anointing the Parts so grieved after fomentation, with the following Direction.

Take half a pint of the Spirit of Wine, *Treacle* two ounces, *Long-pepper* and *Cloves* in Powder, of each two drams; make these, by mixture and infusion, as strong as may be; and being strained, dip Cap-paper into the Liquid so strained, and apply it wet and warm to the afflicted part; and for the more speedy Remedy, the Party may take a Clyster of Milk with Syrup of Violets, and cooling Emulsions and Juleps.

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An experienced Remedy for this, is, the Blood of a Hare, best in March, but at other times may serve: Take it hot if you can, and anoint the Place infected with it; otherwise apply a Linnen Rag, that has, though a good while since, thoroughly imbibed the fresh Blood, and dried in the Air; but if it be too hard or stiff, soften it with a little fair Water, the cold taken off.

I am not for fiery hot Medicines in the Cure of this Disease, because it proceeds from a hot fiery and Cholerick Humour. Things moistning and moderately cooling or temperate ought to be applied, as an Embrocation, or fomentation of a decoction of Mallows with Oil of Sweet-Almonds: a Cataplasm made of White-bread and Milk, (without any Oil or Fat for that Unfluery, fat things are apt to stop the Pores and inflame) is good, because it opens the Pores, and causes the fiery matter to transpire. Hentichius applies Castile-soap, dissolved in fair Water: He also applies a Cataplasm of Bulls or Ox-dung, boiled with Vinegar in a Frying-pan, adding Camomil and Elder-flowers, boiling to a Consistency: and he has a third Medicine, which is Frog-spawn-Water 2 ounces, mixed with Rose Vinegar 1 ounce, in which he dissolves a little Myrrh. The Juice of Horse-dung is not only good in this case, but also for Scaldings and Burnings, if a little Cam-

phire in Powder be added to it: And among all the rest, nothing exceeds Bulls-Blood to be anointed upon the Place affected, for it powerfully resists the increase of the Disease: And the Ceratum infrigidans Galeni is also of good use to lay over the place affected thus made. Take Oil of Roses a pound; White-wax 4 ounces: mix them: but if boiled up with Juice of Nightshade, it will be so much the better. Things fit, oily and greasy, as also Narcoticks and Repercussives, viz. things cold and dry are to be forborn, lest a Gangreen ensue. See the Cure of this Disease in my Ars Chirurgica. lib. 3. cap. 17. now published.

Chil: For this, commonly called the Kings-Evil, Take Cuttlebone uncalcined, scrape off the outside, or that which is coloured, dry the white part, and beat it to Powder very fine, and take half a dram in a spoonful of Mallow-Water.

For outward Application, nothing is better than an Ointment made of Pilewort-roots, or the same Ointment mixt with a proportional quantity of Quick-silver.

Ectortation: This is when the true Curis is affected; then Take Prunella, called in English Self-heal, bruise it well in a Mortar of glass or stone, and apply it to the Part afflicted, renewing it but seldom, and sometimes not at all.

Again, Melt Mutton-Suet of

of the Kidneys, freed from Fibres or Strings, two ounces; add by little and little sixteen or eighteen drops, though in small Matters eight or ten may serve, of Oil of Turpentine; spread the Mixture on a Linnen-Cloth, and apply it to the Part afflicted by binding, or otherwise.

Expectoration: This is designed to ripen Coughs, and dissolve Phlegm. To do it, Take hard Onions, fry them with Sweet-Butter, or first with a little fair Water, to take away their Taste; then take them out of the Pan, and boil them with new Milk till it be well impregnated with them, and they become tender: Mash them together, and for your better Accommodation, you may scrape among them some Sugar-Candy, it matters not whether white or brown, and put it up in a Gallipot, taking Night and Morning two or three spoonfuls.

Eyes Blistered: Take Saffron half a dram, the Juice of Sloes a scruple; mix them with Rose-water, and beat them into as fine a thinness as you can with the White of an Egg, and drop a little of it into the Eyes, and anoint the Eye-lids with it when you go to Bed.

Eye-bright: It chiefly helps and strengthens the Sight, and cures such Diseases as are incident to the Eyes. The distilled VVater wonderfully

strengthens the Sight, and the Juice is very good on the like account. Divers knowing Oculists order the Parties, whose Sights are defective, to use this Herb in Salads, and in their Broths, and Drink.

Eye Bruised: Take Bettony and Eye-bright Water, of each a spoonful; drop three or four drops of clarified Honey into it, then shake them together, dip a fine Rag or Cotten into it, and lay it to the Part grieved.

Eyes Burnt or Scalded: Take Mucilages of Quince-seed, Fleawort, Linseed and Fenugreekseed, of each a scruple: mix them and apply it to the Part.

Eyes to Cure: If the Eyes be dull, cloudy, or specks, spots, or films begin to appear on them, Take Paracellus, (Zibethum Occidentale) viz. Human-Dung of a good colour and consistence, dry it by degrees moderately, till it be capable of being reduced to Powder, then powder it and searce it very fine, a little of which must be blown once or twice a day into the Eyes, as the nature of the defect requires; then keep it in for a time by closing the Lids, and so wash it off with Eye-bright-water.

Take Crystal calcined and Levigated upon a Porphyry to a subtil Powder, one ounce: clarified Honey two ounces: mix them, and put thereof into the Eye Morning

Morning and Night, it removes Films, Pearls, Clouds, Spots, and other external Blemishes of the Eye: The same thing will Flints calcined and Levigated do, being used in the same manner

Eyes foul, a Water: Take prepared Pearl and Coral, of each a scruple; Aloes finely powdered three grains, red Rose-water and Succory, of each an ounce, mix them well: and if you would have the Mixture stronger, put in a few grains of *Trochisci Albi Rhabis* in very fine Powder, and wash the Eyes with it as you see occasion.

Eyes Inflamed, or Blood-shot: Boil a new-lay'd Egg hard, cut it in halves without taking out the Yolk, and apply one of these considerably warm, but not too hot, to the Eye griev'd; and keep it on, if need requires, six or eight hours, and it will draw away the Heat: or you may make a Poultis with it and rotten Apples, and apply it in the same manner.

Eyes Inflamed: Take the Juice of a rotten Pippin; some Hen-dung, that of it which is the whitest; beat the White of an Egg very fine, burn the Hen-dung to Powder, put the Apple-juice to the White of the Egg; add Loaf-sugar finely scraped: and having well mixed them together, dip a Feather in them, and drop a few drops into the Eyes, winking hard to keep it in; and by

often so doing, you will find the Pain, Redness and Heat abated.

Or This, (especially if the Sight be weakened with the long continuance of the Inflammation, or any other matter.) Powder very small a whole Nutmeg, so that being dried well, it may be sifted thorough a fine Lawn: add a small quantity of burnt Alom and fine Sugar as finely powder'd: mix these together, with 2 ounces of Damask-Rose-Water, and 2 ounces of Choise Brandy; and after it has stood a Day, let the Patient wash their Eyes with the clear Liquor Morning and Evening, also 5 or 6 times a day besides: The Powder also undissolved may be put into the Eye Morning and Evening.

Eyes, an Ointment in general: Take Sheepi-Suet, Oil of Ben, of each an ounce, melt and mix them together; to which add, Tutia prepared six drams, Lapis Hematidis washed one scruple, Aloes wash'd and powder'd twelve grains, Seed-pearl finely powder'd 30 grains; and so over a gentle fire make it into an Ointment with a little Fennel-water. And in case of any grief in the Eyes, you may use it with success by anointing the Eye-lids, and Corners of the Eyes, for present ease.

Eyes Pained: For the extraordinary Pain or Heaviness in the Eyes, Take Flowers of Melilior, of Elder and

of Marrigolds, of each a small handful; Linseeds, Rehugreek, Fleawort, Cummin & Quinces, of each half a scruple; French Barley half an ounce, Damask Roses half an ounce, Spring-water a pint and an half: mix, boil and strain these well, and with the Decoction foment the Forehead and Temples considerably warm.

Eye-Salve: Take Starch three quarters of an ounce; Tutia prepared in Rose-water half an ounce; Sheepi-Suet, Oil of Ben, of each half an ounce: melt and mix them well together: anoint the Eye-lids, Forehead and Temples with it. It remedies Inflammations, Pains, Wounds and Bloodshot Eyes.

Eye-Lid Sore: Take Tutia and white Sugar-candy, of each half a dram: Powder of Red-Roses a dram and an half, the Crumbs of white-Bread half an ounce; Barley-Suet an ounce: make this into a Poultis, and lay it to the Eye on a fine Cloth

Eyes Spotted: If any Spots appear growing on the Eye, Take fine White-Paper, let it flame away upon a clean Pewter Plate, till so much Oil of the Paper sticks to the Plate as you have occasion for; so blow off the Ashes of the Paper, and with a little of your Spittle mingled with the Oil, mix it with your Finger, or some other convenient thing, into an Ointment; which with a Feather apply

gently to your Eyes once or twice a day, as need shall require, or as you can bear it; for it will make the Eyes smart, but in a little time you will find the benefit of it.

Eyes Red: Take three grains of Camphire, and a large blanched Almond; incorporate them well by grinding them, and add by little and little two or three ounces of Red Rose-water, still grinding them till the whole be brought to a kind of Emulsion, drop a little of this in the place affected, and it will, by often so doing, ease the Pain, and take away the Redness.

Eyes Red and fiery: Take Ground-Ivy, single Daisie-roots, and Housleek: distill them, or for want of that Convenience, press out the Juice; dissolve in two ounces of the Water or Juice about a quarter of a spoonful of Clarify'd Honey, and suffer them to depurate by residence; then drop it into the Eyes, two or three drops at a time, and continue so doing four or five times a day.

Eye-Clater: Take Gum-arabick, Rose-leaves, Saffron, Spikenard, of each a quarter of an ounce; beat them small, and make Cakes of them with Spring-water; and when you are to use it, take a dram thereof and steep it in the White of an Egg well beaten, and wash the Eye with it: and by often

often so doing, it will not only repel the Matter, and consume the Pain, but produce a clearer Sight then usual.

Or, Take Juice of Fennel well clarify'd an ounce, Aloes two drams and a half, Leaf of beaten Gold, mix them well together; then add Myrrh ten grains, and dissolve them in White-wine: mix them all together with Fennel and Rose-water, and drop three or four drops of it into the Eye twice a Day.

This is inferiour to none: Take fair Well-Water a quart; Brandy half a pint: White Vitriol in Powder six drams; Roch-Alom in Powder three drams; Aloes in Powder a dram and half: Regulus of Antimony in fine Powder, tied up in a Rag, a dram: mix, dissolve, digest ten Days, then filter, and keep it for use, keeping the Regulus continually in it. This takes off Pearls, Films, and whatsoever obscures the Sight which is external, stops fluxes of Rheum, and strengthens the Eyes.

Another: Take Red Rose-Water, and Water of Plantain, of each an ounce: Tu-

tia prepared half a scruple, Lapis Lazuli prepared six grains, Red Coral prepared five grains: mix and make them into a Collyrium, or Eye-Water. This dropt into the Eye, being first very well mixed by shaking, wonderfully revives and clears the Sight, provided there be no great foulness nor scrophulous disposition of the Body, or temperament of the Party. It takes away the Redness from the Eye-lids, if a Sponge be dipt in it, and often wetted with it: it also takes off thin Skins very easily.

Eye-Water, Another: Take the Flowers of Cornflower, Blue-bottles gathered with their Cups; bruise and infuse them in Water twenty-four hours at the least, then distil them in a moderate Sand-heat.

This Water being very Cooling, most effectually cures the Infirmities of the Eyes, especially those that are troubled with Inflammations. It Cheers, Strengthens and Preserves the Sight.

Biting-Sickness: Take half a dram of choice Amber, powder it very fine, and take it fasting once a day in a quarter

of a pint of White-wine, for seven or eight days successively.

See the Third Edition of the Synopsis Medicinæ, lib. 2. cap. 4. and

and lib. 3. cap. 19. where you may find abundant satisfaction.

Another: Take Olibanum, Mastick and Spicknard, of each three ounces; Galbanum and Opopanax, of each half an ounce; Mistle of the Oak an ounce, Amber half a scruple, Piony-seeds half a dram, Labdanum two drams, the Seeds of wild Rue one dram, Nutmeg and Cubebs of each half an ounce; Castor half a dram; having beaten those that are to be beaten very well, and dissolved the Gums in Oil of Rue, incorporate them with your Hands, or some convenient Instrument: the Head of the Party being shaven, spread a Plaster of the Composition, and lay upon it, and renew it once in three or four Days: And in so doing, the afflicted Party will find great ease, and in a little time the Cause of this troublesome and dangerous Distemper removed.

Fats to Prepare: To do this, that they may be in readiness on sundry emergent Occasions, Take the freshest of any of them, take out the little Veins and Fibres, and separate the Fat from the Skin, then wash it with clear Water till it is freed from Blood; then mince it very small, or bruise it, and put it into a double Vessel to melt; then strain it into clean Water, and having remained there till it becomes cold, drain the Water

from it, and keep it in an earthen glazed Pot in a cool place, though not too moist, and it will keep good for use a Twelvemonth.

But Hogs-Lard is no ways to be kept from growing rank, yellow and offensive to the Smell, but by melting of it whilst it is fresh, and then immediately to put it up into Glass-bottles, and so keep it close stoppt, as if it were the best rectified Spirit of Wine; for the Air presently corrupts it: and therefore it is, that I seldom use Hogs-Lard in any of my Prescriptions or Compositions, but a mixture of Sheeps-Suet, and choose Oil-Olive, so much as to bring the Suet to the consistency of the Lard: for this mixture will not in a long time grow rank: and for the richer sort I use Oil of Ben, instead of Oil-Olive, because that Oil of Ben will never grow rank.

Fennel or Dill to Pickle: Let your Water boil, then having your Fennel tied up in Bunches, half a dozen walms will be enough; drain it, and let your Pickle be Vinegar.

Fevers Continual: Make a Decoction of the Leaves of Rue in Spring-Water, or other clear Water, till the Liquor be pretty strong of the Plant; which being strained, make it somewhat a palatable Liquor, with a sufficient quantity of Licorice, Sugar, or an Aromatick Body, and to half a pint of it add ten drops of the Spirit, not the Oil, of Vitriol, and take it Morning,

Afternoon, and at Night.

Another: Take in half a pint of some convenient cooling Liquor, half an ounce of Harts-Horn burnt to a great whiteness, and powdered, being first bruised a little in the Liquid, and this may be taken as occasion requires.

Another: Apply to the Soles of the Feet a mixture, or thin Cataplasm, made of the Leaves of Tobacco cut and beaten into a moiure with new Currans.

To take off a Violent Burning Fever upon the Spot, there is nothing like to my Pulvis Antisebriciticus, or Fever-Powder, which do's it to a miracle: you may give it from a scruple to 2 scruples, or a dram, according to Age and Strength, in a glass of fair Water well sweetned with white Sugar, or in half Water half Wine sweetned as aforesaid: I have often taken off the Violence of a Burning Fever in an hour's time, and sometimes in half an hour's time: and I always give it just at the coming of the heat: and at Night also going to Bed, if the Fit was in the Morning: It cures the Plague and all sorts of Malign and Pestilential Fevers: nor did I know any dye of the Plague which I gave it to, if timely given. Price half a Crown an ounce, to be had only at the Author's House, at the Blue Ball near Holborn-bridge.

Feverfew: This is excellent in the Diseases of the Womb; the Decoction of it

forces the Courses, and expels the After-birth, and do's all a bitter Herb is capable of doing. It is successful in Fevers, by being applied to the Soles of the Feet. Take of it a handful, warm it between two Tiles, and apply it twice or thrice, and it cures a Hemisrania; and the crude Herb applied to the Crown of the Head, cures the Head-ach. A Decoction of it, with the Flowers of Camomile, cures the hysterical Symptoms, and forces Child-Bed Purgations, &c.

Fig-Tree: The Figs applied outwardly, Ripen, Mollifie, and Attract; being beaten with Salt and Leaven, they break Pestilential Buboes, or other Tumours, in few Days. The Juice of the Fig-Tree is very biting, and may be numbred among Causticks, and may be used for the Cure of Warts, and such-like Excrescencies of the Skin.

Figs Green to Pickle: Take your Figs about August, cut them in halves, and boil them up in Vinegar, a little quantity of Sugar, large Mace, Cloves, put them up into your Pot or Glass in the same Liquor, they will garnish your boild Meat or Frigacies in Winter. This is a very good Pectoral.

Figwort, its Virtues: The Ponder of the dried Root applied to Piles, drys them up; it is also useful in Cancers, and eating Ulcers; a dram of the

the Pouder taken inwardly, expells Worms; the Water distilled from the Roots, steeped in Water and Vinegar, cures the redness of the Face: and of this Herb an excellent Ointment is made for killing the Itch, and bringing away the Scurf of it: The Decoction of it taken inwardly, and the Herb bruised and Poultiswise applied, dissolves and brings away congealed and clotted Blood: The distilled Water takes away Freckles, Morpew, &c. There is a Plaister made of it for the King's-Evil, as follows:

Take the Leaves of Figwort, Houndstongue, and Foxglove, cut them very small, of each a good handful: Oil-Olive a pint and half: mix and boil the Herbs till they are crisp; then strain out by pressing, and put in the like quantity of fresh Herbs, which repeat the third time, boiling each time till they are crisp, and repeat it till the Oil is very green: then add Sheeps-Suet a pound: Turpentine 6 ounces: Bees-wax 4 ounces: Rosin 2 ounces: purified Verdigrease 1 ounce: mix and make a Plaister, which spread upon Leather or New Linnen-Cloth, and so apply it to the Place affected, often renewing it.

It allwages the Swellings, disperses the Humours, not only of the King's-Evil, but of any other Knots, Kernels, Bunches, or Wens.

Alibert: This Garden-

Nut is very pleasant, and used mostly for serving up at Tables among other Fruits; an Oil is extracted from them that supple's hard Swellings, and is successfully used in old Sores; but the much eating of these breeds the Head-ach, and much Windiness in the Stomach.

Films: This is when a thin Skin grows over the Eye, and clouds the Sight. To take it off, Make some Lime-water, by pouring a gallon of boiling Water on a pound of Lime unslack'd, stirring the Lime in it, and after some Hours decant warily that which is clear, and to a quart of this Water, put an ounce of choice Verdigrease in Powder, and in a very moderate Heat extract a Tincture of a fine, but somewhat dilute saphirine colour, but not too deep; decant this very warily, and let a drop of this, as often as necessity requires, fall into the Eye, the Party winking hard, and it will shrivel of the Film.

Fig-Tree, has its Virtues, mostly consisting in its Rosine and Turpentine, which in their proper Alphabets you may see: The Branches and Tops of this Tree are infused in Diet-Drinks, and given for the Scurvy with good Success.

Fish to Scante: Draw your Fish, but do not scale it, save the Liver of it; wash it very well, then take White-wine;

as much Water again as Wine, boil them together with whole Spice, Salt, and a bundle of Sweet-Herbs, and when it boils, put in your Fish, and just before it a little Vinegar, for that will make it crisp; when it is enough, take it up, and put it into a Trey, then put into the Liquor some whole Pepper, and whole Ginger, and when it is boiled enough, take it off and cool it, and when it is quite cold, put in your Fish, and when you serve it in, lay some of the Jelly about the Dish-sides, and some Fennel and Sauces, of Vinegar: thus you may do Carp, Pike, Bream, &c.

Fits-Appoplethick: Fix a Cupping-glass with scarification to the Nape of the Neck, and one to each Shoulder, and let them take fast hold, till they begin to loosen, and they will draw down the assailing Humour or Vapour from the Brain.

Fits of the Mother: To remedy this, dissolve Sea-Salt in Vinegar, and into it dip a soft Linnen-Rag, fold it three or four times double, lay it warm to the Soles of the Feet, and keep it on till the Fit be over.

Flag, the sweet one: This grows in divers parts of England, and is distinguished from others by its curious Scent. It is chiefly used in Obstructions of the Liver, Spleen, and Courtes, also in the Colick; it pro-

vokes Urine: And the Roots of it candied, are of a pleasant Taste, nourishing and grateful to the Stomach, and keeps out evil Airs and Infections; and for this cause the Turks frequently chew it, and the Tartars boil it in their Water, or infuse the Roots of it in cold Water before they drink it.

Flax: There is an Oil made of the Seed of this Plant, called Linseed-Oil; that is very excellent in sundry Medicines, as also alone. It is taken inwardly in the Colick, Quinsie, Pleurisie, and Consumption; outwardly it mollifies hard Swellings, eases Pains, and is used much in Paintings, &c.

Flax, or, Wild Dwarf.

Flax: This Herb infused in White-wine, after it has been bruised, for a whole Night over hot Embers, purges watry Humours very strongly: Take of this purging Flax an handful, of sweet Fennel-seeds two drams; boil them in a sufficient quantity of Spring-water, adding to every six ounces two ounces of White-wine, and it makes a gentle purging Potion, being taken two or three Spoonfuls at a time.

Fleas to Kill: Take Wormwood, Lavender, and Nut-Leaves, and boil them in Vinegar a good while, then sprinkle the Blanket with it, it certainly kills them.

Another: Take an earthen Platter,

Platter; that is broad and shallow, fill it half full of Goat's Blood, and set the Platter under the Bed, and all the Fleas will come into it: Or take the Blood of a Bear or Badger, and put it under the Bed as before: Or take Soap-Lees, and boil two or three Onions in it, let it cool, then sprinkle the Room with it.

Flitweed: A dram of the Seed of this taken in red Wine, or Syrup of Sloes, stays Loosenesses, and both the Seed and the Herb help in the Flux of the Belly, and the Bloody Flux; It is used in Plaisters for Wounds and sordid Ulcers; and some hold, that the Seed boiled in Vinegar, and drank warm, expels Gravel.

Florentine of Carps: Take a quarter of a peck of fine Flower, sweet Butter three quarters of a pound, and six Yolks of Eggs; work these up in the Butter and Flower, and dry them; then put to it as much fair Water as will make it up into a Paste: then take the Carp, scale it alive, and scrape off the slime, draw it, and take away the Guts and Gall, and scotch it, season it lightly with Nutmeg, Pepper, and Salt, and lay it into the Past made up into a Pye, in the fashion, as near as may be, of the Fish; put the Milt into the Belly, lay on sliced Dates in halves, Orange or Lemon sliced, Barberries, Raisins,

and Butter; close it up and bake it; and being almost baked, close it up and liquor it with Butter, Sugar, Verjuice, Claret and White wine, and ice it over, and so serve it up when it is hot, and it will prove a very acceptable Banquet.

Florentine of Eggs: To do this, Boil about eighteen Eggs hard, then mince them with two pound of Beef-Suet clean taken from the Skins and Fibres, till it be very small; then take a quarter of an ounce of Cloves and Mace, one large Nutmeg; let these be finely beaten or grated with a quarter of an ounce of Cinnamon; then add half a pound of fine Sugar, and a pound and half of Currans, a quarter of a pound of Dates minced very small; then mince or bruise very small some choice Lemon-peel, and lastly having mixed all the foregoing things well together, put about a quarter of a pint of Rose-water, and a little Salt in it.

When you have so ordered the Materials, put them into the Oven; let it moderately bake, and then have in readiness this Leer to put to it when it comes out, viz. Heat a little fair Water, and beat up half a pound of Butter with it to a thickness; add a quarter of a pound of Sugar, and the Juice of a Lemon, and so serve them up upon it.

Florentine with Partridge: Your Partridge being roasted and minced small with the weight of the Meat in Beef-Marrow, put to it two ounces of Orange-peel, with as much green Citron small minced; season the Meat with beaten Cloves, Nutmeg, Mace and Salt, and Sugar, mixing all together, put the Materials into a Puff-past, and open it, being baked, and put in half a grain of Musk or Amber-grease dissolved in the Juice of an Orange and Rose-water; stir them among the Meat, then cover it, and serve it up.

Florentine of Marrow: Take the Marrow of four Marrow-bones; and cut them into squares like large Dice, add three to a grated Manchet, some sliced Dates, a quarter of a pound of Currans, some Cream, roasted Wardens, Pippins or Quinces sliced, and the Yolks of four raw Eggs; season them with Cinnamon, Ginger and Sugar; mingle these well together, and lay them in a Dish on a Sheet of Paste, and bake them; you may parboil four Sweetbreads and Kidneys of Veal minc'd small, and mix amongst them.

Florentine of Rice: Having pick'd your Rice very clean, boil it tender; then lay it in a Dish, and put to it Butter, Sugar, Nutmeg and Salt, with a little Rose-water and the Yolks of six Eggs, then put these Ingredients on a

Sheet of Puff-Past in a Dish; being half baked, ice it.

Florentine of Tongues: Boil and Blanch a fresh Neat's Tongue, and being cold, cut it into little square bits as big as great Hazle-Nuts, lard it with small Lard, then having another Tongue raw, take off the Skin, mince it with Beef-Suet, then lay one half of it in a Dish on a Sheet of white Paper, and lay on the Tongue, being finely larded and seasoned with Nutmeg, Pepper and Salt, and with the other minced Tongue, put grated Bread to it, some sweet Herbs small minced, and Yolks of raw Eggs, and being made up into Balls as big as small Wash-balls, lay them on the Tongue with some Barberries, Marrow, and interlarded Bacon and Butter, close it up with a convenient Lid, and bake it; and being baked, liquor it with Butter beaten up with Verjuice, and the Yolks of three or four Eggs strained.

Flounders, Platce, Whittings and Soals to Boil: Boil some White wine, Water and Salt, with some Sweet-Herbs and whole Spice; when it boils, put in a little Vinegar (for that makes Fish crisp) then let it boil apace, and put in your Fish; boil them till they swim, then take them out and drain them, and make Sauce for them with the Liquor, and an Anchovie or two, some Butter, and some Capers,

Capers, heat them over the Fire, and beat it upthick, and pour it over them, garnish your Dish with Capers and Parsley, Oranges and Lemons, and let it be very hot when you serve it in.

Flounder or Platce-Pye: Draw and wash them, cut off their Fins, and scotch them, then mingle Pepper, Nutmeg, Salt and Mace, and season them therewith; then cut Leeks small, and strow over the bottom of your Pye; then put in your Flounders, and lay on them the Meat of Lobsters Claws and Tail cut into small pieces, the Yolks of hard Eggs and Onions mixed, with some Grapes or Goosberries, if you have them. Lastly, put on Butter, and close your Pye; when baked, lair it with White-wine, and Parsley minced very small, with the Meat of the Body of a Lobster, Drawn Butter, and the Yolk of a new-lay'd Egg, shake these together in your Pye, and serve it up hot to the Table.

Flounders, Platce, or Soals macinated: Dry well with a Cloth your Fish, flower and Fry them in Saller-Oil, which you must make very hot, and that will make your Flounders fry Crisp and Brown, then put them into a large earthen Pan, put thereto sliced Nutmeg, Ginger, large Mace, whole Pepper, and a couple of sliced Lemons, over these lay some Bay-Leaves fried, and a

little Salt, pour on them as much White-wine and Vinegar as will cover them.

Flower of Rice and Cream: To make a dainty Dish of this, Take half a pound of Rice, see it be well dusted and cleansed, then wash it and dry it in a moderate Heat, and when it is dry, rub it and beat it in a Mortar, till the Flower be very fine; then take a pint of thick Cream, and the Whites of three or four new-lay'd Eggs, beat them well together with a little Rose-water, and set them on a soft Fire, boil it very thick, and so put it into a Dish, and let it stand till it is cold; then slice it out, cast some Bisket on it, and serve it up.

Flowers to Candy: Take Gilliflowers, Violets, Cowslips or Roses, and pick them from the white bottoms, then have Sugar boiled to a Candy height and put in so many Flowers as the Sugar will receive, and continually stir them with the back of a Spoon, and when you see the Sugar harden on the sides of the Skillet, and on the Spoon, take them off the Fire, and keep them well stirring in the warm Skillet, till you see them part, and the Sugar as it were sifted upon them; then put them upon a Paper while they are warm, and rub them gently with your Hands till all the Lumps be broken; then put them into a Collender, and sift

them as clean as may be, then pour them upon a clean Cloth, and shake them up and down till there be hardly any Sugar hanging about them; then if you would have them look as though they were new gathered, have some help, and open them with your Fingers before they be quite cold, and if any Sugar hang about them, you may wipe it off with a fine Cloth; to Candy Rosemary-flowers, or Archangel, you must pull off the the String that stands up in the middle of the Blossom, and take them which are not at all faded, and they will look as though they were new gathered without opening.

Flowers to keep all the Year: Take any sort of pretty Flowers you can get, and have in readiness some Rose-Water made very slippery, by laying Gum Arabick therein, dip your Flowers very well, and swing it out again, and stick them in a Sieve to dry in the Sun; some other of them you may dust over with fine Flower, and some with scarced Sugar, after you have wetted them, and so dried them.

Flowers of any sort Pickled: Put them into a Gallipot with as much Sugar as they weigh, and fill them up with Wine-Vinegar, a pint to a pound of Sugar.

How to Flatten: First put them into a Coop, and then every day give them to

eat a sort of Paste made of two parts Barley, and one of Black-Wheat, or Millet, ground together, the Flower sifted, and the Bran taken off, of which make bits rather long than round, of a convenient size, and give them seven or eight a day, and in fifteen days they will be very fat.

Flummery to Make: This in the Western Parts of England is made of Wheat-Flower, which is held to be the most heartening and strengthening: To make this, Take half a peck of Wheat-Bran, let it soak in cold Water three or four Days, then strain out the milky Water of it, and boil it to a Jelly; then season it with Sugar, Rose and Orange flower-water and let it stand till it is cold and thickened again, then eat it with White or Rhenish Wine, or Cream, or Milk, or Ale.

Flux of the Belly: Take half an ounce of Mithridate, two ounces of fine Sugar, dissolve these over a gentle Fire in a pint of new Milk, and take it as a Clyster.

Take Jesuits-Bark 2 ounces; Red Port-Wine a quart: Infuse close covered over a smothering heat for 2 hours, then give it a walk or two, and so strain out: To this strained Liquor, add Blood-red Tincture of Catechu made with Brandy 8 ounces: mix them. Of this give the Sick a quarter of a pint Morning and Evening, and it will infallibly cure him: and

and let him drink a glass of Wine after.

Flux-Bloody: Take Syrup of Sloes two ounces, the Powder of Acorns a quarter of an ounce, the Ashes of Ash-keys, or the Bark of the Root of an Ash-Tree two drams, Conserve of Roses a quarter of an ounce, dissolve them in a quarter of a pint of Claret or Red Wine, and drink it fasting somewhat warm. Do this two or three times, and you shall find the Flux abate, and the Body restored to a liveliness.

The former Composition of the Cortex and Catechu will do here, unless the Disease is inveterate: In this case you must add to the former quantity of the Liquor half an ounce of Liquid Laudanum, or an ounce of our Gutta Vita, and then give it as before; it will not fail of the desired effect.

Flux Hepetick: Take Steel Wine a quart; Tincture of Catechu, of Jesuits-Bark, of each six ounces: Lemon-peel one ounce: mix them, and keep the Lemon-jul in, all the time of taking it. Give of this mixture two large spoonfuls or better every Morning and Night in a good Glass of Red-Port-Wine, so long as till the Patient is perfectly well. Where Note, that the Flux may cease in 3 or 4 days time, and the Patient seem to be truly well; but it ought to be continued for at least 10 or 12 days, lest a relapse should ensue, whereby the

Work will be to be done all anew, which by a continuance for a while longer, is prevented. And though the Flux is stopp'd, yet we are to consider that the Viscera or Bowels are much weakened, and it ought to be taken in some respect to strengthen them, and restore their Tone, as well as to stop the Flux it self.

Flux, or Loosness: Take the Filings of Needle-makers Steel four ounces, put them into a glazed Pipkin, and pour thereon a quart of the deepest Red Wine; let it boil till about three parts of the Liquid be consumed; stir it often, and strain it whilst it is hot; then take two spoonfuls of it in warm Broth or Ale in the Morning fasting, for three or four days successively. This likewise is good to stay the Bloody-flux, and remove the Cause.

Flux of the Whites: To remedy this, Take half an ounce of Hing-glass, dissolve it over a gentle Fire in a pint of New-Milk.

And Morning and Evening take an ounce of the Tincture of Catechu mixed with a quarter of a pint of the Cortex Red-Wine, giving it with some proper Vehicle, a Glass of burnt Red Wine, &c.

Frankincense: This grows chiefly in the Forest of Arabia, where they lance the Bark of the Trees, the better to let the Frankincense flow out, or else the Liquor where-
of

of it is made. This being drank about a dram in a glass of White-wine well digested, is very good against the Dysentery and Fluxes of the Belly, encreases the Memory, chafes away Sadness, and cheareth the Heart. It stays the Bleeding at the Nose, being powder'd and incorporated with the White of an Egg and Aloes, and hold to it, or put up the Nostrils tentwise. It eases the Pain of the Head, being mixed with the Whites of Eggs and the Powder of Myrrh, and spread on a linnen Cloth, and applied to the Forehead and Temples.

Freckles, to take away : Take four spoonfuls of Fumitory-water, a spoonful of the Oil of Tartar, and the Gall of a Cock; mingle these together over a gentle fire, till they become a kind of Ointment, and with it, anoint the places where the Freckles are, and let it dry on them: Then take a little Rye-meal, put it into Milk, and wash off the Ointment.

Freckles or Mophew, and Clear the Skin : Take the Blood of any Fowl or Beast, and wipe your Face all over with it every Night you go to Bed, for a Fortnight together, and the next day wash it off with White-wine, and white-Sugar-Candy; and sometimes hold your Face over Brimstone for a while, and shut your Eyes; if you add the

Juice of a Lemon to the White-wine, it will be the better.

French way for Carps : To stew these Fish the French way, put it in boiling Liquor, and a good large Dish or Stew-pan that will contain the Carp, put it into as much Claret as will cover it; wash off the Blood, and take the Fish out, and put into the Wine in the Dish three or four slices of Onions, some large Blades of Mace and Pepper grossly beaten with a little Salt; and when the Pan boils, put in the Carp, and cover it close; and being well stewed down, dish it with fine carved Sippets round about it; pour the Liquor it was boiled in on it, with the Spices, Onion, sliced Lemon, and Lemon-peel; run it over with beaten Butter, and garnish it with dry Bread.

French Disease : Take good Mercury sublimate, Mercuriate or Venice-Treacle, of each an ounce: mix them well, and infuse them into a quart of Spring-water; set them in Balneo to dissolve in a close Vessel; and of this Liquor well settled, take about half a spoonful, or, if need require it, a spoonful, but not above a spoonful and an half by any means; take it in a quarter of a pint of small Ale fasting in the Morning, and an ounce in the Afternoon or Evening, the Stomach being as near as may be empty, intermitting every second Day, and taking a gentle Purge.

This

This Medicine is very apt to cause great Vomiting; and if it be taken in too great a quantity, will certainly cause a Salivation; and therefore it is to be used with Caution, and the Patient is to be very careful not to take cold upon it, lest a worse matter ensue. It may be taken in less quantities Dietetically in a Decoction of Quaium and Sorsa, with great profit and advantage, of which we shall discourse more at large in some other place.

French Bread : Take half a Bushel of fine Flower, ten Eggs, one pound and an half of fresh Butter; then put in as much Yest as you do in Manchester, temper it with New Milk pretty hot, and let it lie half an hour to rise, then make it into Loaves or Rolls, and wash it over with an Egg beaten with Milk; let not your Oven be too hot.

French Beans to Pickle : Take Beans and pick the Stalks off; steep them in Vinegar and Salt nine or ten days; then boil them in a Brass Kettle with a piece of Allom, and a little Fennel: when they be boiled enough, take the Beans out, laying them upon a Table till they be cold; then put them into a Pot, laying between every lay, Cloves, Mace, a little Ginger, Pepper, Fennel, Dill; and then fill the Pot with the best Wine-Vinegar.

Frenzy or Madness : You are to consider the strength of

the Constitution, and if the Patient is strong, let the Stomach and Head be purged by an Emetick: I know Hellebore is commended in this case, and it is a good thing being given in Extract from ten grains to a Scruple or half a dram, to a decoction of the same: but nothing yet is found to exceed Antimonial Emeticks, as Vinum Antimoniale, Vinum Benedictum, and Tartar Emetick, which last may be given from 2 grains to 5 or 6: After three or four times Vomiting the Patient, at due intervals of time, as three or four days, then purge the Patient with an Infusion of Sena thrice a Week, for a Month together, or as often as the Sick can well bear it. Take Sena an ounce, Salt of Tartar a dram and half: grind them together in a hot Mortar, then make an Infusion in a pint and half of Water, boiling hot for two hours, adding also half an ounce of bruised Licorice: then strain out for 4 Doses, to be given as aforesaid. And if the Patient cannot sleep, you must cause rest by giving some proper Opiate, as 2 or 3 three grains or more of my Volatile or Specifick Laudanum; or 20 or 30 drops of Liquid Laudanum in some proper Vehicle, at Night going to Bed.

Fricassee, an excellent one : Take six Pigeons, and six Chicken-Peppers, scald and truss them, being drawn clean, head and all; then set them, and have some Lamb-stones and Sweetbreads blanched, parboild

parboil'd and slic'd; fry most of the Sweetbreads flower'd; have also some Sparrow-grass ready, cut off the tops an Inch long, the Yolk of two hard Eggs, Pistaches, the Marrow of six Marrow-bones, half the Marrow fry'd green, and White-Butter, let it be kept warm till almost Dinner-time; then have a clean Frying-pan, & fry the Fowl with good Sweet Butter; being finely fry'd, put out the Butter; and put to them some Roast Mutton-Gravy, some large fry'd Oysters, and some Salt; then put in the hard Yolks of Eggs, and the rest of the Sweetbreads that are not fry'd, the Pistaches, Sparrow-grass, and half the Marrow: then Stew them well in the Frying-pan with some grated Nutmeg, Pepper, a Clove or two of Garlick if you please, a little White-wine, and let them be well Stew'd. Then have ten Yolks of Eggs dissolv'd in a Dish with Grape-Verjuice or Wine-Vinegar, and a little beaten Mace, and put it to the Fricasie; then have a French six penny Loaf sliced into a fair large Dish set on Coals, with some good Mutton-Gravy, then give the Fricasie two or three warms on the Fire, and pour it on the Sippets in the Dish; garnish it with fry'd Sweetbreads, fry'd Oysters, fry'd Marrow, Pistaches, slic'd Almonds, and the Juice of two or three Oranges.

Fricasie of Veal, Chicken, Rabbit, or any thing else: Take either of these, and cut them into small pieces, then put them into a Frying-Pan with so much Water as will cover them, with a little Salt, whole Spice, Lemon-peel, and a bundle of Sweet Herbs; let them boil together till the Meat be tender: then put in some Oysters, and when they are plump, take a little either White-wine or Claret, and two Anchovies dissolved therein with some Butter, and put all these to the rest; and when you think your Meat is enough, take it out with a little Skimmer, and put it into a Dish upon Sippets; then put into your Liquor the Yolks of Eggs well beaten, and mix them over the Fire, then pour it all over your Meat: garnish your Dish with Barberries, and serve it up: This Dish you may make of Raw Meat, or of Cold Meat, which have been left at Meals.

Fricasie of Chickens: The Chickens for this purpose must be cut in small pieces, and fry'd in Butter: then pour on them some hot Broth, or boiling Water; put into it an Onion quartered, and a little shred Thyme and Parsley, with Pepper and Salt enough to season them; the Lean of Bacon cut small, and a few Cloves; the Yolks of Eggs beaten fine, with the Broth of White-wine-Vinegar; keep

keep it in motion till the Sauce be thickened, and then serve it up. Note, If in this manner they be stew'd too long, they will be Tough.

Fricasie of Pidgeons: Take young Pidgeons, cut off the Wings and Legs, and quarter the Bodies; put them into a Stew-pan, add to them some fat Bacon cut square in small pieces; as much whole Pepper and Salt as will season them, a few Cloves, a bundle of Parsley and Thyme, and an Onion quartered: then pour on so much fair Water as will nearly touch the top of the Pidgeons: when they are tender, put in a sufficient quantity of Butter; change the Parsley and Thyme for some more that is fresh; then take the Yolks of Eggs finely beaten in a little of the Broth, White-wine and Verjuice: lay them out in a Dish upon Sippets with the Broth; squeeze an Orange over them, and serve them up.

Fritters the English way:

Take a Pint of Canary, the like quantity of Ale, and a little Ale-Yeast; the Yolks and Whites of nine Eggs beaten first very well by themselves, and then with the rest: add a pound of fine Flower, and a little Ginger. Let the Butter stand a while, and then put in Apples thin sliced, and fry them with Beef-suet clarified, or a little Butter: take them out, and strew them over with fine Sugar; then sprinkle them

with Rose or Cinnamon-water.

Or, Take a quart of Flower, three pints of Mutton-broth when cold; Nutmeg and Cinnamon, of each a quarter of an ounce; beat them fine, as also a Race of Ginger, five Eggs, and a little Salt, and strain the Materials; put to them some thin slices of Pippins, and fry them in as much Suet as will suffice, ordering them as the former in serving up. Some make the Batter of Eggs, Cream, Cloves, Mace, Saffron, Nutmeg, Barm, Ale and Salt. Others, of Flower, grated Bread, Mace, Ginger, Pepper, Salt, Barm, Saffron, Milk, Sack, or White-wine. Some again use Marrow perfumed with Musk and Rose-water, by being steeped in the latter with the slices of pleasant Pears or Quinces. Others again, with Raisins, Currans, Apples cut Dice-fashion, and as small, in quarters or in halves. I leave the Reader to his Choice.

Fritters, the Italian way: Take a pound of Holland-Cheese of Parmisan, grate it into a pound of fine Flower, with as much fine Bisket-bread muskified and beaten to Powder; the Yolks of five Eggs, some Rose-water, Saffron, Sugar, Cloves, Mace, Cream; make of these well temper'd a stiff Paste, and rolling it into Balls as big as Wall-nuts, fry them with clarify'd Butter.

Fritters of Spinnage: Boil

Boil the Leaves of Spinnage in fair Water; yet but tenderly; then drain the Liquor from it as much as may be, stamp it or mince it very small; add to it beaten Cinnamon, Ginger and Nutmeg, grated Mancher and the Whites and Yolks of Eggs, and as much Cream as will moisten it, yet the Batter must remain of an indifferent thickness; then put in some Currans that have been swelled in warm Water, mix them well together, and having a Kettle boiled with tried Suet or Lard, drop them into it by sponfuls; and when they rise, take them out, for then they are enough.

Fritters of divers Forms: To make these, Take a quart of fine Flower, strain it with some Almond-milk, Saffron, Sugar, White-wine; havethen Moulds made of Tin, of various Forms, as Arms, Dolphins, Birds, Flowers, and the like; put the Batter into them, and place them in the Pan, covered with Suet or clarified Butter, and they will come out in such Forms as the Mould impresses on them, and look very pleasant, if orderly placed in a Dish.

Fritters, Another way: Take half a pint of Sack, and a pint of Ale, a little Yest, the Yolks of twelve Eggs, and six Whites, with some beaten Spice, and a very little Salt, make this into thick Batter with fine Flower, then boil

your Lard, and dip round thin slices of Apples in this Batter, and fry them; serve them in with beaten Spice and Sugar.

Fritters of Veal, or any other Meats: Take your Veal, Capon, or Liver, par-boil it, mince it small, and then put to it some Cream, Eggs, Spice, and Salt, make it pretty thick, so fry them; you may add a little Flower if you will; serve them up with beaten Spice and Sugar strewed over them.

Fumitory: It purifies the Blood, and purges Choler, and is available in the Leprosie, Itch, and others Diseases of the Skin. The distilled Water is used for Beautifying. It opens Obstructions of the Liver, and helps the Jaundice and Scurvy. The Juice or Water of it dropt into the Eyes, helps Dimness of Sight: Being mixed with Venice-Treacle, it resists the Plague and Pestilential Fevers. An Ointment made of the Juice of it, sharp-pointed Dock, and Honey is a speedy Cure for the Itch, Botches, Scuff, or any other Deformity in the Skin.

Fundament-falling: Take a quarter of an ounce of the best Ginger, slice it very thin, put it into a little Pan, and heat it by clear and well kindled Coals, and receive the Fume of it cast on by little and little in a kind of Close-

stool,

stool, or some convenient Seat for that purpose, where the lower part of the Body may be well covered for about half a quarter of an hour at a time.

Take Bits of Amber, and in a Close-stool put them upon a Chafin-dish of live Charcoals, over which let the Patient sit, and receive the Fumes. The Fundament also being down, it may be bathed or fomented hot with this Bath: Take Tincture of Catechu 2 ounces; Red Wine in which Rosh-Alom and White Vitriol, of each a little has been dissolved, 6 ounces: mix them: After bathing anoint with this Ointment. Take Sheeps-suet 2 ounces; Oil,

Olive 1 ounce, melt them; and while melted and only warm, add Oils of Amber, of Nutmegs by expression, and of Sassafras, of each a dram and half: stir them together till they are all cold. This Ointment strengthens the part much.

Furinty: Take some New-Milk, or Cream, and boil it with whole Spice, then put in your Wheat or Pearl'd Barly, boiled very tender in several Waters; when it hath boiled a while, thicken it with the Yolks of Eggs well beaten, and sweeten it with Sugar, then serve it in with fine Sugar on the brims of the Dish.

Climate of Mutton: To do this, Take a Gigger of Mutton, or, if you please, the whole Leg; when it is ready dress'd, hash the one part as small as you can, and put it into a Dish with Onions minced small; and the other parts of your Mutton cut into bigger pieces, breaking likewise the Bones; set it a stewing, and add Verjuico, Pepper, a handful of Capers, a quarter of a pint of White-wine, some salt, and a little white Sugar; and when it is stewed, serve it up

on Sippets carved or plain.

Gall Obstructed: The Only thing to remove this Obstruction, is the Spiritus Nitratus, the Preparation of which you may see in our Pharmacopœa Chirurgica, in our Ars Chirurgica, lib. 1. cap. sect. You may give 10, 15, 20, 30 drops, more or less, in Ale or Wine, according to the quantity the Patient drinks at a time, so as to make it pleasantly sharp: you must be sure the Sick drinks nothing without it, for 8 or 10 days, for in that time it will make a singular alteration for the better, and possibly

ably restore the Patient to their perfect health. It cures the Colick to a miracle and destroys that which is the ground and foundation of that Disease.

It purifies the Blood, opens, Obstructions of the Gall, Liver Spleen and Bladder. It's good for the Dropsie and Jaundice, and is a great Dispeller of Wind. It likewise cleanseth the Stomach, and drives ill Vapours from the Brain.

Gammon of Bacon: To dress this the neatest way, having water'd it, scubb'd it with a Brush, and scraped the Rind, and dry'd it again with a Cloth, put it into a Kettle wherein it may have sufficient room: then take Sage, Majoram, Fennel, Sprigs of Bays and Rosemary, and boil it till it is enough; then slit the Skin, and so curiously carve it, and stick the places so stript with Cloves; strew some Pepper on it, and serve it up with Mustard, Pepper, Vinegar, and the Herbs small minced, cut up in fine Slices of what length you please, but of very indifferent thickness.

Gangreen: When the part afflicted with this Malady has been lightly scarified, apply, as hot as can be endured, a Cataplasim of strong Brandy and Crumbs of White Bread, shifting it three or four times a day, or as often as you find convenient; or, for want of this, take a boiled Turnip, mash it with Hogs-lard, and lay it to the place.

The best way is to scarify the part, deeper or less deep according as it had gotten ground, and then to cleanse it after Scarification with Salt-Brine: a strong Lixivium of Wood-Ashes, or a Tincture of Myrrh, or Myrrh dissolved in Wine, and used almost scalding hot, for it is by these extremes the Native heat must be recovered: and after to fill up the Scarifications with Mercurius Precipitatus, mixed Basilicum, or Unguent. Ægyptiacum, or with Myrrh, made into a Balsam with Oil of Turpentine, or with Dissils dip'd in a mixture of Oil of Cloves and Turpentine, all equally hot.

Gargatim to Cleanse the Head: Take Juice of Mustard seed, extracted with White-wine 6 ounces; Juice of Primrose Leaves and Roots 4 ounces; Juice of Beets 2 ounces; Juice of Pellyory of Spain 1 ounce; White-Port-Wine, a quart: mix them for a Gargle.

Gargle: Take six ounces of Scabious-water, one spoonful of Mustard, as much of Honey; put these into half a quart of Wine-Vinegar, and mix them all together in a marble or glass Mortar, till they become very liquid, and then gargle your Mouth with it.

Gargle for a sore Throat: Take fair Water, a pint; Red Port-Wine a quart; Roch-Alam half an ounce: mix and dissolve; with which gargle warm, 3, 4, or 5 times a day.

Garlick:

Garlick: This being stamped and infused in Vinegar, and drank, resists the Plague, and is good to dissolve the Stone, and bring away Gravel: and being made into a Syrup by boiling and squeezing out the Juice, and adding as much Sugar as will bring it into a Syrup, it wonderfully preserves the Lungs, removes Coughs and Colds, and kills Worms in the Belly and Stomach.

It also provokes the Courser and Urine: and helps the Bitings of Mad Dogs, and other venomous Creatures: it kills Worms in Children, and voideth tough Phlegm, purging the Head, helping the Lethargy. It is a good Preservative against the Plague; it cures Sores and Ulcers, and takes away Spots, and Blemishes in the Skin, and eases Pains in the Teeth; breaks Imposthumes, and eases Pains in the Ear. It hath a special quality to discuss the Inconveniences coming by corrupt Airs, and Mineral Vapours, or by drinking unwholsom Waters or Liquors; as also by unadvisedly taking Wolfbane, Henbane, or Hemlock, or other dangerous Herbs. It is held good in the Jaundice, Cramp, Convulsions, Falling-sickness, the Piles or Hemorrhoids, and such like Diseases proceeding from Cold. But it has not its Vertues without its Vices; for it heats very vehemently; and

all such Hot Simples send up ill Vapours to the Brain. In Cholerick Persons it will encrease the Choler; and in those that are troubled with Melancholy, it will attenuate the Humours, and cause strange Fancies and Visions in the Head: therefore let it be taken inwardly with great Moderation; but for outward Applications you need not be so strict.

Gistles; see Zeltles.

Gistles-Pye: Let them be well cleansed and scalded, and season them well with Pepper, Salt and Nutmeg; put them into a Pye, then put some Butter, slice an Onion or two, and close up the Coffin with a Lid; bake them well, and soak them three Hours: then pour in more Butter into which a Nutmeg has been grated.

Gistles to Boil: Take the Gistles of a Goose, or any other Fowl, scald them well, and boil them whole in Water and Salt, and two or three Blades of Mace, and so serve them up on Sippets, finely carved, with beaten Butter, Lemons, scalded Gooseberries, scalded Grapes, Macé. Barberies, and Lemons sliced.

Stillflowers to Candy: Take refined Sugar, or white Sugar-Candy, to the weight of your Flowers, sift it, and put to it some Rose-water, set them over a Fire made of Charcoal, but not too hot;

Stir

stir these till they be candied Syrup height, then keep them in a dry place, and use them as you find occasion: and if you use them for Sallads, put a little Wine-Vinegar to them to make the Syrup thinner.

Gilliflowers to Pickle:

Take Clove-Gilliflowers, when just blown, clip the white Bottoms from them, when taken out of the Husks, lay them to steep a little in fair Water, boil up some White-wine-Vinegar till the scum will come no more on it: squeeze the Water out of your Gilliflowers, and the Vinegar being cool, put them into it; then melt as much Sugar as is convenient in Rose-water; put it to them with a little broken Cinnamon, and a few Blades of Mace; stop them up close, and when you use them, mince them small, and putting a little fresh Vinegar to them, strew a little white Sugar finely beaten, and they are an excellent Sauce for Mutton or Lamb.

Clove-Gilliflowers: These Flowers are of a fine temper, neither excessive in heat nor cold, nor dryness, nor moisture, that can be perceived in them: They are great Strengtheners of the Heart and Brain, and therefore serve indifferently for Cephalicks or Cordials; good in Consumptions, and easie to Nature, helping it in many Emergencies. The Syrup and the Con-

serve of these Flowers, are wonderfully fortifying against pestilential Fevers and Poysons, and may be taken with great safety at any time By Young or Old, either by themselves, or dissolved, or mixed in convenient Liquors.

Ginger: It is a Root belonging rather to a Herb or Plant than a Tree; for it bears Top like Reeds, and is knotty in the Ground a great way, yet is of admirable use. It helpeth Digestion, looseneth the Belly, moderately good for the Stomach, profitable against all things that dim and hinder the Sight. It heateth much, though at the first tasting like Poppy, for which Cause some will allow it to consist of several parts, though that they may be attributed to its earthiness as being a Root, and known to be composed of gross undigested Substance, tending much to watery, yet is of excellent Use in Physick and Diet.

The Indian or rather Barbadian Green-Ginger, is fit for every Person of Quality to keep in the House: For it heats, warms, comforts and strengthens admirably: it expells Wind, is good against the Colick, causes a good Appetite to Food, and makes a good Digestion, to eat now and then a bit thereof, especially in the Morning fasting, and last in Night going to Bed: And if the Stomach is very cold, and if it may be good to eat a bit half an hour before Meals. **Ginger**

Ginger Green to make well: Take one pound of Ginger, and steep it in Red Wine and Vinegar, equally mix'd; let it stand so close covered 12 days, and twice every day stir it up and down; then take two quarts of Red Wine, and as much Vinegar, and boil them together a little while; then put in three pound of Sugar, and make a Syrup therewith; then put in your Ginger, and boil it a while, then set it by till the next day; so boil it every day a little, till it be very clear, and so keep it in the Syrup.

Ginger-Bread to Make: Take a pound of Jordan-Almonds, a penny white-Loaf grated and sifted among the Almonds, when blanched, and finely beat them together, then add an ounce of Ginger finely scraped, Licorice and Aniseeds in Powder; each a quartle of an ounce, add two or three spoonfuls of Rose-water, and make them all up in a Past with half a pound of Sugar, mould it and roul it thin, then print it and dry it in a Stove: And thus you may make Ginger-bread of Sugar-plate, putting Sugar sufficient to it, that will keep all the Year round.

Gladwin: That here intended, is that they call the sinking sort. The Juice of it stuffed up the Nose, causes Sneezing, and purges the Head, Rheums, and offensive

Mitter: The Powder of the Root drunk in Wine has the same Effect, and gives ease to the Cramp and Convulsions of the Nerves: It mainly avails in the pain of the Gout, or *Stastica*, and gives ease to those that are afflicted with griping Pains in their Bowels, as also in the Strangary. The Roots boiled in Wine and drank, effectually procure Womens Courses; but is dangerous to be taken by a Woman with Child, lest it cause Abortion: half a dram of the Powder removes Obstructions in the Ureters and Bladder, and immediately provokes Urine.

Bleatings: Take four ounces of Spring-water, or rather Plantane-water, dissolve it in about one scruple of Sympatherick Powder, and as much of Roch-Alom, or so much as will give it a sensible, but yet a faint Vitriol-like Tincture, inject as much as is usual, through a small Syring every Morning and Evening, as long as need requires.

Gloves to Perfume lightly: Rub over your Gloves with Glycer of Eggs and Benjamin-water, very thin and fine, wherein a grain of Musk, Ambergrease, or any other strong Perfume has been infused, and it will take and hold the Scent a long time. You may, as you like for change and alteration of Scent, rub them over with a fine Puff of Silk dip'd in Gessupine, Orange-flower,

flower Butter, Essence of Roses, &c.

Goards: This Plant is cooling and mollifying by Nature. The fresh Leaves applied to the Breasts of Women in Child-bed, lessen their Milk; the Seeds are accounted among the four great cold Seeds, for a red fiery Face or often Flushings of the Face. Take the Seeds of Goards two ounces, the Kernels of Peach-stones four ounces, make an Oil of them by Expression, and anoint the Face often, and the redness will decrease, and in the end vanish.

Goatsbeard: This Plant is reckoned delicious in Food, being often eaten raw in Salads. It's a great Nourisher, and therefore good for Consumptive People. It is used for the Cough, and in Diseases of the Breast, and Difficulty of Breathing. It is held good to expel the Stone, and provoke Urine: The Juice of the Root of it, and the distilled Water have the same Effect, as the Juice or Concoction of the Herb.

Goat-Pasty: Take the hind quarter of a fat Goat, bone it, and skin it; then cut it into a besitting shape for your Pasty; having beaten it well with a Rolling Pin, season it with Pepper, Salt, minced Thyme and Nutmeg; then set it a soaking in this seasoning all Night with Claret, then put it into its Coffin,

and bake it, strowing on the top some minced Beef-suet. Whilst it is baking, take the Bones you took out of the Flesh of the Goat, and put them into a Pipkin with a Pint of Claret, and a little strong Broth; then cover your Pipkin with a sheet of Course Paste, and bake them also: your Pasty being baked enough, fill it with the Liquor out of the Pipkin, serve it up, few will be able to discern it from Venison.

Golden Rod is excellent for Wounds inwardly or outwardly applied; two drams of the Powder heated in White-wine, and taken every Morning, removes the Obstructions of the Bowels, stops Fluxes of the Womb or Belly, and inward Bleeding.

Gonorrhœa: To remedy this, Take two ounces of red Laurel-Berries, and infuse them for a Day in a quart of White-wine, and let the Patient drink about two or three spoonfuls twice a day for a good while, and then intermit a Day, and so a third, the some gentle purging Medicine may be taken.

After a due purging with our Family-Pills, (which are well adapted to this intention) you may cause the Sick to take every Night going to Bed 2, 3, 4 grains, or more, of our Specific Laudanum, and every Morning this: Take Turpentine (boiled in Water till it will pro-

duce), 2 ounces: make it into fine Powder for sixteen Doses to be taken in the Yolk of an Egg, or in a little of the Conserve of Barberries: Or you may take this, Take pure Turpentine an ounce; two Yolks of Eggs; grind them together till the Turpentine is perfectly mixed and dissolved; then mix therewith Posset-drink, made with Ale very white, or Milk, if you so please, and sweeten it with double refined Sugars of this sort: the Sick take half a pint Morning and Evening, so long as it is convenient; and in the mean season Syringe with this Injection. Take fair Well-Water a quart, Rosh-Allom, Saccharum Saturni, of each half an ounce; White Vitriol 2 drams: mix and dissolve: let all settle, and pour off the Clear for use: with this Syringe 2, 3, 4, 5, or 6 times a day, according as occasion requires; (as it begins to grow well, you may syringe fewer times a day) use it warm, and two Syringes full at a time, and always after Rising, if there be occasion, but be sure to do it, last at Night going to Bed, and first in the Morning rising.

Goose Boiled: Put it into a Pipkin, or other Vessel fit for it, boil it with strong BROTH, or fair Spring-water, and scum it clean, then add three or four sliced Onions, some Currans, Mace, Raisins, Pepper, and a bundle of Sweet-Herbs, grated Bread, White-wine, and two or three Cloves; and when it

is boiled enough, slash it on the Breast, and dish it up on fine carved Sippets; and lay on a few slices of Lemon and Lemon-peel, Barberries, or Grapes, and run it over with beaten Butter, Sugar, or Ginger, and trim the Dish-sides with grated Bread, or beaten Ginger: And this way you may dress and serve up any large Water-Fowl, as Swans, Ducks, Teal, Whoopers, &c.

Goose to Dry: Take a fair fat Goose, powder it about a Month, then hang it up in a Chimney as you do Bacon; and when it is thoroughly dry, boil it well and serve it to the Table, with some Mustard and Sugar; garnish your Dish with Bay-Leaves. Hogs-Cheeks are very good dried thus.

Goose Fricassee: Take a Goose, almost Roast him, then Carve and scotch him with your Knife long ways, and cross it over again to make it look like Chequer-work; then wash it over with Butter, and strow Salt upon it; then put it in a Dish with the skinny side downwards: so set it before the Fire in a Frying-Pan, that it may take a gentle heat, then turn the other side, then take it and lay it on your Gridiron over a soft Fire: when you think it is enough, baste the upper side with Butter; then dridge it over with Flower and Bread grated; then put it over again and froth it, and dish it up:

your Sauce must be Vinegar, Butter and Mustard, with a little Sugar, put it into your Dish with a little drawn Butter, and lay your Goose a top of it, garnish it with Lemon, laying Sauages on round the brims of the Dish.

Goose-Pye: Bone and Parboil it, season it with Pepper and Salt, and lay it into a deep Coffin, with good store of Butter top and bottom; then Bake it very well, and when it is baked, fill up the Pye at the Vent-hole with melted Butter; and so serve it in with Mustard, Sugar, and Bay-Leaves.

Goose Coller'd and Souced: Bone it, then cut the Flesh square, and soak it 12 Hours in a little White-wine, Cloves, Mace, Pepper and Sale; then take it up and lay small Pieces of Anchovies all over it, with Westphalia Gammon minc'd small, then roul it up hard, and boil it in strong Broth, and a little White-wine, whole Pepper and large Mace; let this be the only Pickle: when you serve them, cut them in halves, and garnish the Dish with Westphalia-Bacon minced.

Goose to know Young or Old: A Wild Goose, if she be Red-footed, is Old and full of hair; if Whitish-footed, and not full of Hairs, then she is Young. A *Tame Goose* scalded, and lying in Water in a Poulterer's Shop, or else where,

do but rub your Finger on the Breast of it, if it be rugged or ruff, then it is now kill'd; but if it feel slippery or slimy, then it is stale. If dry pull'd red-footed, and red-bill'd, and full of Hairs when it is pull'd, then it is Old; but if she hath a Yellowish Foot, and a yellowish Bill, then she is Young. A *Bran Goose*, if she be full of Hairs when she is pull'd, then she is Old; if not, then she is Young.

Gooseberries: These being boiled in Broth, before they are ripe, are very agreeable to the Stomach, and are Cooling in Fevers. They stop the Flux of the Belly, and cause a good Appetite. They cure the Whites and Gonorrhoea. They are applied outwardly with good success for St. Anthony's Fire, and Inflammations; but if before they are ripe, they be eaten raw, especially to any excess, they cause griping Pains and Slime in the Bowls.

Gooseberry-Cream: Coddle your Berries green, and boil them up with Sugar as for a Preserve; then put them into the Cream strained, while the Berries are whole; then scrape Sugar over them, and so serve them up in boild or raw Cream. And in this manner you may use Strawberries, Raspberries, or Red Currans whole, in raw Cream; or serve them up with Wine, Sugar and Rose-water, without Cream.

Gooseberries to Candy: Take the fairest Green Gooseberries, wipe them clean with a Linnen Cloth, pick the Stalks from them; add to every ounce of Gooseberries two ounces of Sugar, and an ounce of Sugar-Candy, dissolve them in an ounce or two of Rose-Water, and so boil them up to the height of *Manur Christi*, and when it is come to its perfect height, let it cool; then put in your Gooseberries, for you put them in hot, they will shrink; so stir them well together with a wooden Spatula, till they be Candied: thus put them up and keep them.

Gooseberry-Pudd: Take a pint and half of Gooseberries, pick'd clean from the Stalks, put them into a Skillet with a pint and half of Water, scald them till they be very tender, then bruise them well in the Water, and boil them in a pound and half of fine Sugar, till it be a good thickness; then put to it the Yolk of six Eggs, and a pint of Cream, with a Nutmeg quarter'd: stir these well together, till ye think they be enough, over a slow Fire; put it into a Dish, and when it is cold, eat it.

Gooseberries to keep all the Year: Take the very largest Berries when they are green and very hard, pick off the Stalks and Tails, and coddle them in fair Water, or rather only scald them, not letting them boil for

fear of breaking, so will they have a fixed greenness on them: put them into a Cullender and let them drain, and when they are cold and thorough dry, put them up into Glass-bottles, filling the Bottles full, and stop them firmly up, as if it was for *Bottl'd Beer*: so will you have Gooseberries all the Year good; of which you may make Gooseberry-Tarts at Christmas and Easter, as good and natural, as if it was the true Season of the Year.

Gooseberries to Preserve: Take of the largest Berries, when they are green and hard; of those, if you can get them, that are called *Gascogn Berries*: pick them clean, and covering them very close, let them stand over a gentle fire half an hour, to coddle a little; but suffer them not to boil, lest the Skins break; and when you perceive a fixed greenness on them, put them into a Sieve, that the Water may drain from them; then put them into as much clarified Sugar as will cover them and simmer leisurely, being close covered, by which they will look greener than they grew; and having suffered them to stand on the fire in the Syrup, take them off; and being cool, put them up for your use. Now as for the Preserving the various sorts of Green Fruits, there are several proper Seasons to be observed: Viz.

Green Gooseberries about *Whitsontide*; **White Wheat-plumbs** in the middle of *July*; **Pear-plumbs** in the middle of *August*; the **Peach** and **Pippin** about *Bartholomew-tide*; **Grapes** in the beginning of *September*. Note, That when your Green-Fruit is to be Preserved, you have two Skillers of boiling Water, to shift them into one as the other cools, and settle them in the Water till they fix to a greenness; then take and put them into a Sugar Syrup, and let them boil gently about a quarter of an hour, and so put them up for use.

Gooseberries, to Pickle: Pick the Berries clean from the Stalks and Buds, lay them in soak in Salt and Water all Night; then put them into the Juice of Crab-cherries, Grape-verjuice, or other Verjuice, and so barrel them up. In this manner you may Pickle green Grapes and Plumbs.

Gooseberry-Tart: Form your Tarts into what you think fit, strow some Sugar in the bottom of them, then take large round Goosberries pick'd, and lay them therein one by one, covering the bottom, and sprinkle thereon some Sugar, then lay on another Lay, and cover that with Sugar, and so continue doing, until your Coffins be full, let the Lid of your Tarts be carved, and bake them quick, by

which means they will be green and clear: So will *Godalings* bake green, if you order them as you do the Gooseberries, and cutting their Lids, but if you would have your Fruits baked red, bake them slowly, and let their Lids be close.

Gooseberry-Wine, the Best way: Take the ripe Berries, and put them into a Vessel, and pour upon them a sufficient quantity of Water very hot; and then covering the Vessel very close; let them stand till the Liquor is impregnated with the Juice, at least three or four Weeks; then draw it out, mix it well, and ferment it with fine Sugar, putting it up in Bottles close-cork'd, it will become a generous Wine; A little of it is good in Fevers, and other hot Diseases; or it may be drank for Pleasure, as ordinary Wine.

A Decoction of the Leaves of Gooseberries, cools and abates hot Swellings and Inflammations; and when they first begin to bind, being beaten and infused in White-wine, they much help in expelling the Stone; and being eaten with cooling Herbs as Salads, they allay the excessive Heat of the Liver and Stomach.

Gout: Take the Roots of Red Dock and Burdock; bruise them, and put to 'em a little Spirit of Wine; let 'em stand twenty four hours; then press out the liquid part very

very hard, and put to it a little Oil of Turpentine and Olive-Oil, and stop these up close in a Glass for your use; and when you are to use them, pour out a little into a Saucer, warm it over a Chafin-dish of warm Coals, and dipping a thick Linnen-Cloth in it, wrap it hard and close about the part griev'd; and in so doing, twice or thrice, the Pain will almost cease.

For an External thing, where the Gout comes of a Cold Cause, is this famous. Take Oil of Turpentine, and Oil of Spike, of each four ounces; Oil of Amber a ounce; mix them, and thereunto add what the Patient can endure it; Morning and Evening. But in any Gout whatsoever, this will not fail: Take Oil of Olive 3 ounces; Oil of Vitriol one ounce; mix them well together by stirring: it will be best to put in the Oil of Vitriol by degrees, so will the whole mixture become a kind of broken Ointment: this will not fail in extremity; but the Patient must beware of his Linnen and Cloths, because this Medicine will rot and spoil them.

Gout, to Check it: Take three ounces of Sarsaparilla sliced and cut thin; to these add an equal weight of Raisins of the Sun rubb'd very clean, but not broken: put both these into three quarts of strong Water, and let them stand on a moderate heat, that the liquid part may simmer for

several hours; and being close-bottl'd up, take a quarter of a pint when the Pain comes upon you, and it will ease it.

Gout to Remove: Take Tincture of Opium six ounces; Saccharum Saturni one ounce; Champhire half an ounce; mix and dissolve, and therewith bathe the part afflicted.

The Running-Gout, or Rheumatism is scarcely to be cured without the use of Internal means: for which purpose we commend our Pulvis Rheumaticus, which seldom fails of performing the Cure in 4 or 6 Doses. Dose from one scruple to half a dram, or 2 scruples in strong Bodies: See it in our Ars Chirurgica lib. 1. cap. 68. sect. 10.

Gout-Plast: This is so called from the excellent Advantage it brings to those that are afflicted with the Pains of the Gout, or Sciatica in the Joints, if the Juice or Herb be applied Poultis-wise, Some hold, it will allay these Pains, by being carry'd about the Party afflicted therewith.

Grapes: The sweet ones are of a more hot substance, and therefore cause Thirst, and loosen the Belly; but the sowre ones are binding, and of hard digestion. The Juice of the ripe Grape applied to Burns or Scalds, eases the Pain. The Mother of the Wine or Grapes being kept, is profitable against Inflammations of the Breasts, and Hardness of them through too much abundance of Milk. The Decocti-

on of it in Clysters, is good for Dysenteries or Fluxes: The Stones or Seeds have a restraining Vertue, and are profitable for the Stomach; and being parched, and beat to Powder, and drank in White wine, are very good against the Flux, and also the Weakness of the Stomach. Dried Grapes and Raisins have yet a greater vertue and property in Physick, and more especially those that are sweetest, and of most substance, as they of *Damascus*, *Cyprus*, and *Candia*. They are good for Coughs, Sore Throats, Pains in the Reins and Bladder, if you eat the Stones with them. Being boiled with Sugar, and the Flower of Barly, and an Egg, they purge the Brain: Being reduced into a Plaister with Flower of Beans and Cummin-seed, they allay Inflammations. The fat Raisins nourish more than the sharp and lean ones. Those that are stoned are Lenitive, and therefore very helpful in the Pains of the Breast, Coughs, Sore Throats, Pains of the Bladder or Reins, and the Obstruction in the Liver.

Grapes to keep fresh and Green: Take the fairest clean Grapes, and lay some Oats in a Box, and then a Lay of Grapes, and then more Oats, and so till you have laid all in: then cover the Grapes well with Oats, and close your Box fast that no Air get in.

Grapes to keep: Take your best Clusters, and hang them up in a Room up to the Limes, and be sure you do not let them touch one another, they will keep four Months.

Grapes to Preserve: Take the Grapes when green, wash them, and break the bunches off the Stalk of the great ones; then take the weight in refined Sugar fine beaten, and strew a row of Sugar in your Preserving-pan; and a Lay of Grapes upon it; then strew some more upon them, then put in four or five Spoonfuls of fair Water, and boil them up as fast as may.

Grapes and Vines, the Virtues: Very admirable the Virtues of the Vine, and the Fruit thereof. I had most said, above all other Fruits: For the Leaves tender Branches being bruised and laid to the Head, by the Cooling quality, ease the Pain of the Head, occasion'd by Heat, also the Inflammation or Heat of the Stomach, being applied to it: And the Juice drank in Borrage-water, helps the Dysentery, Fluxes or Spitting of Blood, Weakness of Stomach, and bad Appetite, especially in Women Gravid with Child. The Water which flows from the Vine, when it is cut, or bleeds (as some term it) being drank in White wine, purgeth the Gravel. The Ashes of the Branches of the Vine, and Stones of Grapes mixed

mixed with Vinegar, help Coliciveness. It's good against the Stingings and Bitings of venomous Creatures; and if mixed with Oil of Roses, Rue, and Vinegar, and laid plasterwise, it helpeth the Inflammation of the Solein.

Gabel: If you be troubled with the Gravel in the Reins, Kidneys or Bladder, Take Mucus-seeds, Water-cherries, Burdock-seeds, of each an ounce; mix them together, and put one ounce of the Mixture into a gallon of small Beer, and when that has steep'd a while, and is drank up; put the rest of an ounce into another gallon, & so continue it as a Drink.

Another: Take Egg-shells, and Crabs-claws, of each an ounce, and beat them into Powder; Fennel-seed powder'd is an ounce; Powder of Nutmegs four drams, double-refined Sugar two ounces: these being mixed and finely sifted, take as much at a time as will lie on a shilling, in a Glass of Whitewine in a Morning, fasting: or it may be taken in Ale or Beer.

Gabel, to Remove: Take a quart of White or Rhenish-Wine, put in an ounce of the Juice of Onions, Juice of Bouffleek, and Syrup of Gibbon; mix them well together over a gentle Fire, and let the Party drink a quarter of a pint at a time blood-warm; and so doing four or five times, it will force the Gravel before

it, and cause it to void through the neck of the Bladder.

Gravy-Broth: Take a good fleshy piece of Beef, not fat, and lay it down to the Fire, and when it begins to Roast, slash it with a Knife till the Gravy runs out; and continually baste it with what drops from it, and Claret-wine mixed together, and continually cut it, and baste it till all the Gravy be out; and then take this Gravy, and set over a Chaffindish of Coals, with some whole Spice, Lemon-peel, and a little Salt: when you think it is enough, lay some Sippets into another Dish, and pour it in, and serve it up to the Table; garnish your Dish with Lemon and Orange; if you please, instead of Sippets you may put in some poach'd Eggs, done carefully.

Green Ointment: Take new Butter, boiled and purified, four pound; Burgundy-pitch, and Rosin, of each a pound; Yellow Bees-wax four ounces: melt them, and make an Ointment of them over a gentle fire, adding an ounce of fine Verdigrease in Powder, to make it of a deep green Colour, and so keep it stirring till the Ointment be cold.

This is a wonderful Cleanser and Healer of all sorts of Wounds and Ulcers; it gives Ease to Pains, and allays Burnings and Heats in the Wounds, or any Inflammations. It's greatly in request for Burns and

and Scalds, especially if mixed with Oil of Roses and Snow-water, and applied on a Linnen Cloth to the place grieved.

Green-Sauce: Take the Blades of Green Wheat, Sorrel, Parsley and Spinage; stamp them in a wooden Mortar or Bowl, with some Vinegar and fine White Sugar, and serve it up in Sarcers, somewhat thinnish, with a Leg of Veal boiled, or a Calf's Head.

Green, or Winter-Green: This mainly conduces to the healing of Green Wounds; and green Leaves bruised, or the Juice applied. A Salve of the green Herb stamped, or the Juice boiled with Bees-wax, Hogs-lard, Sallad-oil, and Turpentine, is highly preferred for the Cure of all manner of Wounds or Sores. The Herb boiled in Wine or Water, and given to such as troubled with any inward Ulcers of the Kidneys or Neck of the Bladder, mainly relieves them. It stays the Fluxes. It is good in Inflammations rising upon Pains of the Heart; also in Cankers or Fistula's. And the distilled Water may be carried along with you, or kept by you for the above-said uses.

Green-Sickness: Take a good handful of Red Sage, half a handful of Pennyroyal, half a handful of Germander, four ounces of Raisins of the Sun stoned and Figs, half an ounce of liquorish sliced: These must be boiled in two quarts of Ale,

till half be consumed; then Drink a quarter of a Pint fasting.

Types of Children: Take the Oils of Nutmeg and Wormwood, of each a dram; mingle them with two drams of Camomil, and anoint therewith the Parry's Naval, and by often so doing, the Pain will cease.

There is nothing better in the World for this Disease in Children, than to give them from 6 drops to 10, 15, or 20 of our Gynaecia Vita in a Spoon, or two of Peppermint Juice with White Sugar, this will cure one or two drops of Oil of Anise has been drop'd.

Groundell: This indeed is very common, which renders its Virtues less esteemed, though they are very rare; for the Seeds cleanse the Reins, help much to break and expel the Stone, and provoke Urine; two drams of it taken in a glass of White-wine, in Pouder, three or four times a day, some say, facilitate the Birth, if it be taken by the travelling Woman in a little Breast-Milk.

Ground-Pine: This is excellent to strengthen the Nerves; and to open the Parts it also provokes the Course, expels the dead Child in the Womb, and the After-birth, but not safe to be taken by Women during their going with Child; because it works so

so powerfully, that it endangers Miscarriage. If it be boiled in White-wine, or pouder'd, and made into small Pills with Hermodactyls and Venice-Turpentine, it is given in Dropsies; and outwardly applied, it cures Ulcers, by cleansing and filling them with good Flesh.

Guaiacum: This for its singular Virtues is called, Lig-num-Sanctum or Holy-wood: The Decoction of it well managed, and taken in time, is a certain Remedy for the French Disease. It is good in Dropsies, for Asthma's, Falling-Sickness, and Diseases of the Bladder and Reins, Pains in the Joints proceeding from cold Tumours and Wind. It grows in the West-Indies, and here the Spaniards learned the Use of it from the Natives.

The way to prepare the Decoction of this Wood is in this manner: Take twelve ounces of the Wood rasped, of the Bark of it beaten two ounces, infuse it in six quarts of Water, in a large earthen Pot, the space of twenty four Hours, keeping the Pot close stopped, and boil it with a gentle Fire to the Consumption of two quarts; and when it is cold, strain it: then put to the same Wood a gallon of fresh Water, boil it to three quarts, and keep these two Waters apart for use.

The first is to be drunk half a pint or better at a time, mixed

with a decoction of Raisins and Currants. The other at ordinary Drinke mixed with an equal quantity of Pilsan, or Barley-water boiled with Licorice.

Gums Apolloniated: Take a handful of red Sage, boil it in White-wine, add an ounce of the Powder of Burnt-Alom, and wash your Mouth frequently with this Water: It is also good against the Scurvy. It likewise fastens the Teeth, and keeps them from rotting: It gives them a Whiteness, and eases the Tooth-ach.

Gum of Cedar, its Virtues: On Oil extracted from this Gum, is hot in the fourth degree; wherefore it doth, without pain, rot soft and delicate Flesh; but in hard Bodies it operateth with more time and difficulty. It dryeth dead Bodies, and preserveth them from Putrefaction, by consuming the superfluous Humour, without touching the sound Parts: but in living Bodies the Heat in them augment the force of the Oil, which causes it to burn the tender Flesh. It is excellent to kill Nits, Lice, or any Insect crept into the Ear, and good in cold Distempers to anoint the Joints and Limbs withal, being much available in the Pains of the Gout, if mollified with Oil of Camomile, or such like suppling Oils.

Gum Plaster of Diachylon: Take Bdellium, Sagapenum, Amoniacum, of each

two ounces: dissolve them in Wine; boil them to the consistence of Honey, and then add them to four pounds of Emplastrum Diachylon, mixing them well together.

This being applied, dissolves, digests, and ripens hard Swellings, and is for those Purposes very excellent, if not the best of Plasters.

Gums Decobutick: Take Bole Armoniac the best, two drams; choice Myrrh (not Lucid) one dram, Roch-Alom crude half a dram, Claret one pint; boil them over a gentle Fire, strain out the Liquid part, and put a spoonful in your Mouth twice or thrice a Day.

Gums to Strengthen: Take Japonian Earth, and in a pint of Claret, or Red Wine, dissolve as much as you can of it; then decant the Liquor warily from the Subsiding Paces, and with it, when well settled, wash your Mouth Morning and Evening, and it will not only fasten the Teeth, but renew the Gums where they are decayed or wasted.

Rub your Gums Morning and Evening, and two or three times in the Day besides, with Scurvy-Grass, and it will strengthen and restore the Gums, and fasten the Teeth, more especially if the bruised Herb may lie all Night in the Mouth between the Gums and the Lips, or Cheeks.

Gun-Powder to Remove: If any Spots of Gun-powder,

or Shot stick in the Face, or other Parts of the Body, you may remove either of them by taking fresh Cow-dung, warming it, and putting to it a little Hogs-Lard, and applying it Poultrifwise.

This will be best done (if you desire to remove the Deformity) with a Blistering Plaster, which you may make of the Common Dissolution of the Shops; lay it on over-night as going to sleep, and removing it the next Day when it has lain on about two Hours, after which cutting the Blister, you may heal the Skin only by applying Calament-Liquid. If the first Blister has not done the work, you must apply a second.

Gums Gisting: Take about a quarter of a pint of Brandy, and having made Toast of Bread, not too firm and white, throw it very hot into the Brandy, and as soon as 'tis thoroughly drenched, take it out and eat it hot: this being repeated two or three times, the Pain will cease. Or use this, viz.

You may give at Night going to Bed, two or three grains of our Specifick Laudanum, or twenty, thirty, forty or sixty drops of our Guttæ Vitæ, in a Glass of Ale or Wine. Or, the mixture never fails the intention. Take of our Guttæ Vitæ, Powder of Juniper and Aniseeds, of each an ounce, mix them; of this give a Spoonful at Bed-time in a Glass of Ale or Wine. If it

is inveterate, or of long Stand, note is like to this. Take of our Guttæ Vitæ, Powder of Juniper and Aniseeds, Spirit

Anticollary of each two ounces: mix them: Dissolve a large Spoonful in a Glass of Wine, every Night at Bed-time.

Herbing-Pye: The Fish being boiled, take it from the Skin and Bones, and mince it with some Pippins cored, season it with Nutmegs, Ginger, Cinnamon, Pepper, and Caraway-seeds, Rose-water, Raisins, and Currans, Sugar, dried Dates, scraped Lemon-peel, Butter beaten up with Verjuice and White wine; and when these are so ordered, fill up a Pye with them, and being baked, ice it with Sugar dissolved in Rose-water.

Hair to Fasten: If the Hair be subject to fall off, this softens it, Take Red-Port-Wine a quart; Catechu, Roch-Alom, of each an ounce: mix, dissolve, boil a little, then strain, and keep it for use, with which wash the Head often, at least twice a day, viz. Morning and Evening, as long as can be endured.

Hair to make grow Thick: Take three ounces of Honey, and a handful of the Tendrils of a Vine; bruise the latter with the former, and having heated them over a gentle Fire till the Honey is melted, anoint

the Place where the Hair is defective, or grows thin, and it will, in often so ordering, sprout up, and become very thick and curling.

Take Juice of Onions, and make Mustard thereof with Mustard by grinding them together: anoint this Morning and Evening over the bald places; it has been approved as a good thing, to make the Hair grow in bald places: but this must be understood where the Hair is fallen off by accident, or some Disease, and while there is Youth and Strength in the Patient, but if the Baldness comes through Age, it is never to be cured.

And this makes Hair grow thick. Take Bears Grease, Juice of Garlick, of each an ounce: Mustard-seed ground small half an ounce: Mouse-dung in fine Powder six drams, mix them, and apply it plaister wise. If you add Turpentine half an ounce to it, it will be so much the better.

Hands to Beautifie: Take of the Oil of Myrrh half an ounce, Oil of Ben four ounces, Oil of Tartar, an ounce; the Oil of

of Spikenard half an ounce mix and dissolve them over a gentle Fire: then strain it, put it into Boxes, anoint the Hands and Face with it, and it will not only take away Spots or other Deformity; but create a lovely charming Complexion.

This is an excellent thing to wash with: Take Saccharum Saturni an ounce, Roch-Alum six drams: Wine-Vinegar a quart; mix and dissolve: this beautifies the Skin, being wash'd therewith; and kills Worms, and takes away Bunches and Red Pimples in the Face, the Skin being wet therewith ten or twelve times a day. If you add a little Cochineal to it, it makes an admirable red Colour to colour the Cheeks and Lips therewith. Some use a Tincture of Soot made with Urine, or the Spiritus Universalis, for a Red Colour to colour the Skin with.

If the Hands break out into Batches and Scabs: Take Roch-Alum, White Vitriol, of each an ounce: fair Water a quart: mix and dissolve; and then strain or filter through Brown Paper, with this wash the Hands or other Places three times a day, with the Liquor as hot as it can well be endured, and continue the Wash for a quarter of an hour, or almost half an hour at a time: It cures in eight or ten days at most, and sometimes in four or five; nor does it ever fail, though the Evil has been of twenty Years standing.

Hare, If she is new-kill'd,

will be stiff, if large and white clean kill'd, then she is good; if slender, then stale kill'd, and will be black upon the Flank of her.

Hare Boil'd the French way: Take a large Piece of Beef that has a Marrow-Bone in it, as also a piece of Bacon and your Hare; season it with a little Salt, and when the Hare is almost boiled, take it up and bruise some Pease, let them be boiling in the Broth wherein the Hare was boiled; then take all the Bones of your Beef, and put the Hare again into the Pease, and the Pease being boiled enough take them up and strain them through a thin Cloth, and put the Pulp a boiling in a Pot by themselves: then dish up the Hare; and smother it by covering it over with the Pease of the Pease, and it eats very excellently. In this manner they order a Capon or Turkey.

Hare to Dress the French way: Take a Hare cased and washed from the Blood, and also some fresh Pork, or Veal cut in handsome pieces of about three Fingers thickness; put it into an earthen Pot, or Pipkin, with Onions fry'd with Hog's-Lard; then put to the Hare and Pork some Beef-Broth, as much as will half cover it, so set it a stewing on a gentle Fire, renewing it by degrees: then take Bread well toasted, and the Livers of

six Fowl parboiled, put them to sleep in some of the Broth, then add Cinnamon, Ginger, Long-Pepper, Nutmegs, Cloves, and Salt, finely bruised, but not to Powder, of each two drams: then with a little Vinegar and Claret-wine, strain it into the Pot where your Hare, Pork, or Veal is, and let them stew together till they are enough; then withdraw them, and so dish them up at your pleasure.

Hare Dashed: Case it, draw it, and cut it in moderate Pieces, wash the Pieces in Claret and Water very clean, strain the Liquor, and parboil the Parts; then take and slice them, and put them into a Dish with the Legs, Head, Wings, or Shoulders whole; cut the Chine into many Parts, then put in two or three sliced Onions, and some of the Liquor wherein it was parboiled, stew it between the Dishes over a gentle Fire, covering it close till it be tender; and put to it some beaten Pepper, Mace and Nutmeg, serve it on fine carved Sippets, running it over with beaten Butter and Marrow, garnishing with Lemons and Barberries.

Hare, or Leberet-Pye: Most are of Opinion, that these are best baked with their Bones, though some, more nice than wise, will bone them; however, being baked with the Bones, let the Bones be broke, and the Hare well larded, season it with Salt,

Pepper, Cloves, Nutmegs and Bay-leaves, put it into either white or brown Paste at your discretion, and with it a sufficient quantity of Lard beaten, that it may as well conveniently lie under it as above; and being baked, stop the Funnel of the Pye, after having poured in some melted Butter, and set it in a dry place to cool; and being cold, serve it up; but observe, if you will bone your Hare, to leave the Flesh as whole as may be, and larding it with great Lard, season it as directed.

Hare to Roast with her Skin: When it is imbowelled, dry the inside with a clean Cloth, make a farcing or stuffing of all manner of sweet Herbs, as sweet Marjoram, Savory, Thyme, Parsly, &c. shred very small, and rowl'd up in Butter; and being almost roasted, sley off the Skin: bread it with fine grated Manchet, Flower and Cinnamon very thick, and so froth it up, and dish it on Sauce made of grated Bread, Claret, Wine-Vinegar, Barberries, Sugar, Cinnamon and Ginger; and garnish the Dish with Shalots, Lemon and Parsly.

Hare Roasted, another way: Having larded your Hare with small Lard, and stuck him with Cloves pretty thick, then make a Pudding of grated Bread, Currans, Eggs, Sugar, grated Nutmeg, beaten

Cinnamon, and a little Salt; you will do well to add some Sweet Cream: with this Pudding made pretty stiff, stuff the Hares Belly, and roast her: Venison-Sauce is as proper as any whatever.

Hare, another way: Put the Hart on the Spit or Grid-iron, when it is hot through, cut it into quarters, and put it into hot Hogs-Lard in a Frying-pan; then steep toasted Bread in Beef-Broth and White-wine, strain it through a Strainer with beaten Ginger and Cloves, add then some Verjuice, so that your Composition may appear blackish, but not too thick nor binding; and so with Butter, Mustard, Sugar, and Juice of Lemon well beaten, serve up this Dish, garnishing it with slices of Lemons and Greens in the same manner you may dress Rabbits, but especially old Coneyss.

Hare-cote of Mutton: Take a Shoulder of Mutton, or the bloody end of it, with the Head, Neck and Breast, and cut it into small Pieces, and fry it in a Frying-pan with tried Suet, Hog's-Lard and some small shred Onions: this done, put it in a Stew-pan with Beef-Broth, and let it stew and boil with Parsly, Hyssop, and Sage shred small, and serve it up with Sippets, garnished with slices of Lemon, and green Parsley.

Harts-Horn Surint: Take of Harts-Horn as much as you

think convenient, put it into a Crucible, and so put it into the Fire, till it becomes black, and continue it till it grows white; powder it, and make it into Troches with Rose-water, and so keep it for use. In this manner you may reduce Ivory or Bone into a fine Powder.

Of this calcined Harts-Horn we often make a Drink for such as are in Fevers, after this manner. Take Spring-water three quarts, Calcined Harts-horn one ounce: boil till a quart is consumed, then let it settle, and strain it, and sweeten it with two or three ounces of double refined Sugar, squeezing also into it the Juice of a Lemon. This Drink cools, and lays preternatural Heats, abates Fevers, & quenches Thirst admirably.

Harts-horn Jelly; or **Jelly of Harts-horn**.

Harts-Tongue: The Decoction of it in White-wine, is excellent for the Swelling of the Spleen, Flux of the Belly, and Spitting, of Blood. If outwardly applied, it cleanseth Wounds and Ulcers. The Powder of it is of excellent use in the Palpitations of the Heart, for Fits of the Mother, and Convulsions, being taken in Small-Beer, and Posset-drink. A Conserve made of the green Leaves of it, is to the same Effect.

Hash of Oysters: Parboil about three quarts of Oysters in their Liquor, mince about two quarts of them small, and stew them with half a pint of White-

White-wine, an Onion cut in quarters, four large Blades of Mace, and a grated Nutmeg, sliced Chestnuts, some Pistaches, and a quarter of a pint of White-wine Vinegar, a pound of fresh Butter, Pepper, Salt, and a handful of sweet Herbs; stew them well on a soft Fire, and fry the remaining Oysters seasoned with Pepper, Salt and Nutmeg, in a Batter made of fine Flower, Eggs, and Cream; green it with the Juice of Spinage, and serve them together with Lemon-Juice, and a garnish of sliced Orange and Olives.

Hash of Scotch Collops: Cut a Leg of Veal in thin slices, beat them with a Rolling-pin, and fry them with fine slices of interlarded Bacon, add sweet Butter, and being well fried, dish them up, put from them the Butter you fried them with, and put beaten Butter, with Lemon, Gravy, and the Juice of Onions. Mutton may be hashed the same way, only leave out the slices of Bacon: or if you would do them the French way, parboil your Meat, then take it up and pare off some thin slices on the upper and under side, and round it; prick it through, and let out the Gravy on the slices, then shred and bruise some Thyme, Marjoram, Parsly, and Savory, and put to them sweet Butter and Verjuice, with some beaten Pepper; and when the Meat is

boiled or stewed, pour all the Herbs, Slices and Broth into the Dish, and serve it up garnished with Parsly and Barberries.

Hash'd Venison, the Dutch way: Cut a Haunch of Venison into Collops, fry it with Sweet Butter and Oysters, adding a little Gravy or strong Broth, then having your Stew-pan simmering with some Broth or Gravy, put it in with the Oysters, and suffer it to stew about half an hour; and then strip in some Thyme and Winter-savoury, with a Blade or two of Mace, and some whole Cloves and Pepper: then make Anchovy-Sauce, and with the Gravy serve it up, garnish'd with Lemon-peel, and Shalots peeled and slit in halves, and some few heaps of grated Manchec mix'd with Cinnamon and Pepper. This is very savoury Meat.

Hash'd Veal of Meat: Cut them out of a Leg or Gigger of Veal as thin as possible may be, and beat them with the back-side of a Knife or Rolling-pin: then take fat Bacon or Lard, and Beef-suet and sweet Herbs, mincing them very small, and mingling them together, season them with small beaten Spice and fine Salt; and having made them up round like an Orange, or balls of Venison, stew them, and serve them up whole in good Broth, garnish'd with Oranges, and put some Verjuice into the broth.

Hasty-Pudding : Take good New-Milk and boil it, then put Flower, plumped Currans, beaten Spice, Salt and Sugar, and stir it continually till you find it enough, then serve it in with Butter and Sugar, and a little Wine if you please.

Head-ach to Cure : Take four ounces of Rosemary-flowers, stamp them, and infuse them in White-wine and Rhenish-water : let them infuse in the Sun, or some other gentle Heat, four or five days, the Glass into which you put them, being close stopp'd ; then distil them over a gentle fire, and you will find an oily Matter ; separate these, and keep them close stopp'd in different Glasses. Their Virtues are excellent ; viz.

The Oil, by anointing the Forehead and Temples, easeth all inveterate Head-achs, and strengthens the Memory and Sight ; being dropt into the Ears, it helpeth Deafness : some few drops of it in White-wine are prescribed for the Droptic and Yellow-Jaundice. It helpeth the Colick, and Riling of the Mother ; and is an Antidote against Poison, and infectious Air, the Plague and Pestilence. It comforteth the Heart, and cleanseth the Blood, makes a merry and cheerful Countenance, and creates a good Colour. It purgeth out the Humours, by Sweat, that occasion the Itch, or any

Breaking-out. In short, It is a sovereign Remedy in all Distempers proceeding from cold and moist Humours. The Water is good for Beautifying, and sets a rare Complexion on the Face and Hands.

Head-ach Inveterate : Take strong Vinegar, dip a Rose-cake in it, and sprinkle that over with scraped Nutmeg and Powder of Wormwood ; lay it to the Forehead, and burn Featherfew under your Nose, on a Chasing-dish, that the Sinoak may ascend up your Nostrils.

The most inveterate Head-ach is sometimes cured by snuffing up the Nostrils Powder of Nutmeg, which is as often to be repeated as the Cause shall require. If this does no good, there are few better things than the Powers of Amber, or Powers of Rosemary, which being snuff'd up the Nostrils often at a time, and also bathed upon the Forehead and Temples, give present Relief : and this being repeated for some time, at the Disease shall require, gives infallible Cure. But at Bed-time it will be good to give the Patient 30 drops of my Gutta Vitæ, and to bathe the Forehead and Temples therewith going to sleep.

Head Bald : To cover it with a comely Hair, if Age has not proceeded too far, and utterly denied it, Take a handful of Southernwood, dry it to Powder, or reduce it to Ashes by Fire ; mix it with the Oil

Oil of Radishes, and anoint the place, and in a few times so doing, you may perceive the Hair to sprout again.

Head Breathing out : This mostly happens to Children, caused by the super-abundance of hot Humours, and is very stinking and offensive to them : To cure it, boil some Olive-Oil and Vinegar, to the consumption of a third part ; of Hogs-lard an ounce ; anoint it with these, when they come to the thickness of an Ointment, both Morning and Evening ; putting on after the anointing, a Linen Cap ; and give them to drink Whey, wherein Scabious, Agrimony, and a few Tops of Wormwood have been boiled, to clear and purifie the Blood.

Whether it be a Scald-head, or other kind of Scabbiness, or Itch or Morpew : this is a most excellent thing. Take Beef-fat 4 ounces, Oil of Ben or Oil-Olive 8 ounces, Flowers of Sulphur 3 ounces, Cinnamon finely ground one ounce, Oil of Tartar per deliquium an ounce and half : mix and make an Ointment, with which anoint Morning and Evening, till the place affected is perfectly well.

Head to Clear : Snuff up in the Morning fasting, a Spoonful, or somewhat less, of the clarify'd Juice of Ground-Ivy, or of Beets, spitting out, from time to time as much Liquor as comes into your Mouth.

Or you may dissolve an ounce of Sal Nitre in a quart or three pints of Spring-water, and to snuff the same up the Nostrils Blood-warm, Morning and Evening, so long till it comes out at the Mouth again. It is an excellent thing to clear the Head and Nostrils of all manner of Stuffings or Stoppages.

This may be called a kind of Vertigo, for which nothing seems more excellent than the Powers of Rosemary to be taken inwardly, Morning, Noon, at 4 in the Afternoon, and at Night, about 60 drops at a time, in a glass of Beer, Ale or Wine, or other proper Vehicle, and also to bathe the Forehead and Temples Morning and Evening with the same, and to snuff the same up the Nostrils 4, or 5 times a day, as also to be smelling to it at times, all the day long : This I have had great experience of, and it has cured, when all other things have failed, but this is to be noted, that if the Stomach is foul, it will be necessary to take a Vomit, or two or more, at four or five days distance of time.

Head and Nerves : To comfort the Head and Nerves, strengthen them, and prevent the incidence of a Palsey, there is nothing better than to bathe the whole Head, Back-bone from the Neck to the Hips, and other parts, which are found to be weakened, with the Powers of Amber, and to do it Morning and Evening for 10, 15, or 20 days, taking in the mean season the Powers

of Rosemary, Lavender, Oranges, Limons, Sage, Marjoram, or Thyme inwardly in all the Patient Drinks.

Head Noise: If there be a beating or ringing in the Head and Ears, Take a pretty large silver Eel newly caught, tie it to a Spit, and let it roast without any basting, unless with a little Water rubb'd on with a Cloth to keep it moist, having, before you lay it down, put some Cummin-seeds into the Belly of the Eel: then take what drops from it, and putting it into a glazed earthen Vessel, let it stand close covered with some fresh Cummin-seed on warm Embers, and then going to Bed drop three or four drops into your Ears, or into that only on which side of the Head the Noise is most.

Or you may drop into the Ear the Juice of Wormwood blood-warm, or the Juice of Centory the Leaf, doing it Morning and Evening for 6, 8, or 10 days or more, as you see occasion. Or you may drop into the Ear this infusure. Take Oil of Ben, Oil of Anise of each equal parts: mix them well by shaking, put 2 or 3 drops in Morning and Evening. Or you may drop in 3 or 4 drops of our Gutta Vitæ, which is indeed an admirable thing, and by me much experienced in this case.

Head to Purge: Take Garlick and Mustick, of each three drams; the Roots of Flower-de-

luce and Horehound, of each one dram; Turbith five drams in Powder, Hiera Picra half ounce, Pulp of Coloquintida and Sarcocol, of each two drams; Myrrh one dram, Sapa as much as shall suffice to make them into a mass of Pills. These purge very strongly from all parts of the Body, both Choler and Phlegmatick Humours, but especially from the Head and Breast, and are good against old Colds and Catarrhs. The Dose is half a dram.

Head Scauld: Take Oil of Olive 6 ounces, May-Balm 4 ounces, Flowers of Sulphur 3 ounces, White-Præcipitate one ounce and half: mix and make an Ointment thereof, and anoint the Head therewith.

If the Disease is inveterate and stubborn, and will easily yield to Medicines, you may before you use the afore-going Medicine, bathe the Head very cold (half an hour at a time, in Liqueur as hot as it can well endure) with the following Composition, and to continue the use of it Morning and Evening, for 12 or 14 days, after which you may use the foregoing Ointment with success. Take Spring-Water 3 pints, White Vitriol, Rock-Alum, of each one Ounce; Saccharum Saturni half an ounce: mix, dissolve, let it settle, decant the clear, then filter through Brown Paper, and keep it for use, as before directed.

Another: Take half a peck of Oyster Shell, out of which the

the Oysters have been newly taken unshell'd; calcine them in a clear Fire so that they may be reduced to Powder; sift it as fine as Flower, and mix it with White Ointment. so that it may be something stiff, and anoint the Head with it daily, and you will soon find the Effects answer your desire.

Hearing: For Thickness of Hearing, For to restore the Hearing, nothing is said to be better, than to drop into the deaf Ear the Tincture of Ambergrise, Civet or Musk made with Spirit of Wine, and then to stop the Ear with Cotton, in which a little Civet or Musk is put. So also this mixture is good to drop into the Ears. Take Oil of Bitter Almonds, Oil of Lemons or Oranges, of each equal quantity: mix them by shaking, and drop thereof into the Ears Morning and Evening, for several days together, stopping the Ears with Cotton dipt in the same.

Hearing to Recover: Take Juices of Celandine and Daisie roots, and drop into the Ears, stopping them afterwards with Black Wool or Cotton, lying on your Back, with your Head very low, for the space of half an hour after it; and in twice or thrice so doing, you will find great advantage by it.

Heart-Burning: Take Red Coral finely powdered about a dram, take it in White-wine or Ale: for want

of this, scrape some Chalk that has been well burnt in the Fire, and drink it in the above-said Liquors.

Or you may take from a scruple to half a dram of Terra Sigillata, or fine Bale in a little fair Water and Sugar, repeating it as you see occasion; and no ways inferior to these things are Crabs Eyes, or Crabs-Claws, levigated or ground to a fine Powder: And Chalk unburnt in fine Powder, will do as well as burnt, and perhaps better too: Or a pint of Milk and Water mixed, and drank together.

Heart to Chear and Comfort: Nothing do's this better, than to take now and then a dram or two of the best and strongest Cinnamon-Water: Or in place thereof our Aqua Bezoartica, which is even yet Superior to it: Spirit of Saffron is also an excellent thing in this very case.

The most famed thing in this case, is the strong Spirit of Angelica, which cures fainting and Swooning Fits: and next to this is the Spirit of our ordinary Garden Bawm, which is a great and a generous Remedy: to these things you may add those mentioned in the former Paragraph.

Heart-Ackness to Remove: Take Ale, and make a Posset-drink thereof: then clarify it, and seeth Pimpernel in it, till it becomes strong of the Herb; sweeten it a little, and drink it often.

If it is from any thing offend-
K 4 ing

ing the Stomach, or too great fullness, from eating too plentifully, or of Meats displeasing the Stomach, it is only to be cured by giving a good Vomit or two: otherwise if it is from weakness of the Tone of the Stomach, the Cordials mentioned in the former Section are good.

Heat in the Eyes: Beat the White of an Egg, and dissolve in it a pretty quantity of fine Loaf-Sugar; beat them till they become thin, then drop it into the Eye.

Take White Rose-water, or rather Poppy-water a pint, Saccharum Saturni 2 drams: mix and dissolve, and wash the inflamed Eyes often with the same. Or take White Rose-Water, Juice of Houseleek, if each equal parts: White-wine as much as both them: mix and let them settle, decant the clear, and wash the Eyes therewith.

Heat in the Face: Dip a Cloth in the Juice of Lemons, with Salt and Alom heated in White-wine; and in often applying it, the Heat or Redness of the Face will be removed, and the Skin become clear, smooth, and of its proper Colour.

Heats or Inflammations of the Eyes: Take the Powder of Tutty-stone, Aloes and Sugar, of each an ounce, Roch-Alom, half an ounce, White-Vitricl 2 drams: infuse them in a quart of Red Rose-water and White-wine; being put into a double Glass, and placed in

Balneo Mariae five or six days, with often shaking: Wash the Eyes with this often, so will you find a speedy Remedy.

Heat of the Liver: Take Liverwort, Garden and Wild, and Endive, of each a handful; Maidenhair half a handful: boil them in Water with a little Sugar; and being clarified, put into the Decodion a little White Port Wine, and drink it alone, and in your usual Drink for a Week together, or as you see occasion. The Dose is a quarter of a pint at a time.

Syrups of Lettice, Purslane, or Cucumbers, are excellent things for this purpose, taking 3 spoonfuls, Morning and Evening, for some convenient time; but that which is superior to all these things is our Syrupus Antisebricitus, or Syrupus Nephriticus, which pleasantly cool without any thing of danger, and may be safely given in a spoonful, two or three to Children.

Hellebore, to Prepare: Infuse the Roots of Black Hellebore in the Juice of Quince three days in a moderate Heat, then dry them, and keep 'em for use.

Hemlock: This, by reason of its Coldness, is supposed to be poisonous; yet it is frequently used, and not without success, for Tumours and Inflammations of the Spleen. A Cataplasim or Plaster of it with Ammoniacum, powerfully dissolves all Tumours or hard Swellings. **Hem**

Hemlock Plaster: Take of the Juice of the Leaves of Hemlock four ounces; Vinegar of Squills, and Gum-Ammoniack, of each eight ounces; dissolve the Gum in the Juice of Vinegar; and after a sufficient Infusion, make them into a Salve over a gentle fire. This is a very good Plaster to soften hard Swellings, or take away Inflammations.

Hemorrhoids: The Piles or Hemorrhoids, if not yet broken, are cured at twice or thrice anointing them with Oil of Amber, Oil of Anniseed or of sweet Fennel-Seed: But if they are broken, then these things will be too hot, and be apt to cause Pain: In this case you may dress them with this Ointment. Take choice Oil of Nutmegs by expression an ounce; Saccharum Saturni three drams: mix and anoint therewith. If they be ulcerated, and the Ulcer is foul, you must dress them with this. Take Turpentine, Oil of Mace by expression, Oil of Ben, Balsam de Chili, of each half an ounce; Saccharum Saturni one ounce: mix them, and anoint often therewith; applying Lint dips in the same upon them.

Hen, in January spends better than the best Capon or Puller, if she be Young, and full of Eggs; and that you may know by her soft and open Vent, and by her Red Comb. If you feed her oft with Toast taken out of Ale with Barley boil'd, they will lay often, and all the Winter.

If she eats her Eggs, lay a piece of Chalk, cut like an Egg, at which she will often be pecking and losing her labour, she will refrain the thing.

Hen-Pye: Parboil your Hen, then cut off the Legs and Wings as when she is carved, cut off the Merrythought and through the Breast-Bone, so also the Carcass, that she may be handsome to lie in the Pye, break the Bones, season her with a little Pepper and Salt, Cloves and Mace; then put her into your Pye, with some pieces of Lamb-stones, Sweetbreads, and Sallages, and after Oysters between, with hard Eggs, and two Onions cut in halves, so put on Butter, and close up your Pye: when it is baked, let your Lear be a little Claret-wine, strong Broth, beaten up with the Yolk of Egg, a grated Nutmeg, and drawn Butter, pour it into your Pye, and shake it together.

Hens, Capons, or Pullets to Boil: After they are boiled with a piece of Bacon, take a pint of strong Broth and White-wine, put in a pound of Sallages, two or three whole Onions, a little Nutmeg and large Mace, a few Sweet Herbs, a quart of Oysters, a little minced Thyme: let them boil up together, thicken them with the Yolk of an Egg, and a little drawn Butter, dish them up on Sippets: then pour your Lear and Oysters

Oysters upon the Breasts, and the Salsages round about, with slices of Bacon betwixt; garnish them with Lemon, and strew them over with the Yolks of hard Eggs minced.

Hern-Pye: Take your Hern, and pull the Feathers and Stumps clean off: break the Breast-bone, and lay it to soak in warm Water and Salt for the space of an hour: then having Sweet-Herbs and Onions shread, make little Balls of them, sticking them together with Butter, and put it into the Belly; season it with Salt, Pepper, Nutmeg, Mace and Ginger finely beaten; then lard the Breast, and stick pieces of Lard under the Wings: lay also other Balls about it of the Composition of those that were put into the belly, till the Coffin is full: then sprinkle on some Juice of Lemon, and so bake it for two hours: and when it is enough, pour melted Butter into it, set it in a dry place till cold, and then serve it up.

Hern to Roast: Take a Hern that is not too cold, lard the Back and Breast after you have parboild it; then put it on a Spit, baste it with Butter and White-wine beaten up together, and dridge it with grated Bread and Sweet-Herbs cut very small: and when it is sufficiently roasted, make a Sauce of the beaten Yolks of Eggs, Anchovy, Claret, and Vinegar: garnish your Dish

with Oranges, Lemons, Savoury, and Tops of Rosemary.

Herrings, Sprats, or Pilchards to Broil: Gill, wash, and dry them, season them with Salt, then broil them over a soft Fire, and baste them with Butter; being enough, serve them up with beaten Butter, Mustard and Pepper, or your Sauce may be the Juice of their own Heads squeezed between two Trenchers, with some Beer and Salt.

Herring-Pye to Season: Take about eight middle-sized Herrings, the soft-Roes are the best, slit them down the backs, and taking out the bones, rub them over with Pepper and Salt: thence mince Onions, Leeks and Apples, and scrape in Lemon-peel; then strew over them some Nutmeg finely grated, half a pound of Currans, and mix a pound of Butter with a little Flower, and place it above and beneath in thin slices.

Hiccough: This is dangerous when it happens in Fevers; therefore to remedy it in that extremity, Take only two or three preserved Damascens at a time, keeping your Mouth close shut, and holding your breath now and then.

If this Hiccough has continued any time, and seems to be extreme, if it be not slept, it in the end kills the Patient; and in this case nothing will do but Opiales;

Opiales; of which kind there is nothing better than our Volatile Laudanum, or Laudanum Specificum, or Dr. Gardiner's Laudanum Sameth: If the Patient is costive, and has not gone to Stool for some considerable time, the Belly is to be loosened by this Clyster. Take Posset-drink a pint, brown Sugar 4 ounces: mix and make a Clyster: And then instead of the former Laudanums you may give 6, 8, or 10 grains, or more, of our Cathartick Laudanum every Night at Bed-time, which stop the Hiccough, open the Bowels, ease Pain, give a Stool or two the next day in the Afternoon.

Hippocras of White Wine: Take about three quarts of the best White-wine, a pound and an half of Sugar, and an ounce of Cinnamon; two or three Tops of Sweet-Marjoram, and a little whole Pepper; let these run thorough a filtering bag with a grain of Musk; then add the Juice of a large Lemon, and when it has taken a gentle heat over the Fire, and stood for the space of three or four days close covered; put it in bottles, and keep it close stopd, as an excellent and generous Wine, as also a very curious Cordial to refresh and enliven the Spirits: Or, if you think it best, as to the Colour, you may make it of the Colour of Claret, though this at pleasure may be coloured with Red Wine, Syrup of Elder-berries, Mulberries, Clovegilly-flowers, &c. It

easeeth the Palpitations and Tremblings of the Heart, and removes the Causes of Pannick-Fears, Frights, and sudden Startings: It giveth Rest to weary Eyes, and heats the cold Stomach.

Hyspidula, known otherwise by the Name of Colts foot, is an Herb growing on Hills, and bearing a Red Flower, and sometimes a White: it has a peculiar Virtue against the Ulcers of the Lungs, Phthisick, and Spitting of blood. A distilled Water of the whole Plant, and a Syrup made of the Juice, are either of them admirable good against the Consumption of the Lungs. The Essence of the Juice is singular good against the Bloody-flux, and other Fluxes of the Bowels.

Hoarseness: Take three ounces of Hyssop-water, and sweeten it with fine Sugar; then beat well in it the Yolk of a new-laid Egg, and drink it fasting.

This is an usual and good Remedy: Take Oil of Sweet-Almonds new drawn; Syrup of Violets, or of Clovegilly-flowers, of each equal parts: mix them by shaking them well together in a glass; Dose 2 Spoonfuls at a time in the Morning fasting, at ten in the Morning, at four in the Afternoon, and at Bed-time, at which time you may give 3 or four Spoonfuls: If you cannot get Oil of Almonds, Sallet-Oyl will do; or choice new made fresh Butter, melted

melted and mixt with the Syrup, and mixt by shaking together whilst it is hot: This is also Excellent. Take choice new-made fresh Butter 4 ounces; double refined Sugar in fine Powder 6 ounces: mix them, and work them together cold, of which the Patient may take as much as a Walnut four times a day.

Honey Clarified: Boil Honey that hath been scummed with the Whites of Eggs, until it come to a thickness: then take it off the fire; and when it is cool, put it up for your use. This is good in Inflammations, either taken inwardly, or outwardly applied to any Part where extraordinary Heat is predominant.

Honey of Raisins: Take three quarts of Water, heat it, and when it bubbles up, scum it: stone two pound of Raisins, and put them into it till they swell and are pulpy; then boil them to the consumption of half the Water; then strain and press out the remainder of the liquid part; boil the Decoction to the thickness of a moderate Honey; and then add two pound of clarified Honey, and being well mingled, boil it to the thickness of a perfect Honey.

This is good for any Stoppages or Defects in the Lungs; if mixed with White-wine, it helps Digestion; and mixed with cooling simple Water, is given in Fevers.

Honey of Violets: Take

of the Flowers of Violets, the bottoms chipt off, viz. Purple Violets, two pound; infuse them in two quarts of Water, boil them up, and add two pound of Honey, and so boil them up to the thickness of an Honey, and press the liquid part thorough a Linen Cloth.

This allays the Inflammation of the Liver, cures Sore Mouths; and mixed with the Decoction of Wood-Sorrel and Barberries, is cooling, and much allays the Heat of Fevers. Thus you may make Honey of Roses.

Hopdeum and Hopdeolum: This is an Excrecence growing on the Eye-Lid: To remove it, Take Housleek, dry it, and bring it to a Powder; then take Housleek-juice, and make a Cataplasim of the Powder, and cover as much as is needful of it, viz. to the thickness of Half a Crown, or a Crown-piece, in the fold of a Rag; fasten that part then upon the Eye, and let the rest of the Cloth bind round the Head, and so let it continue all Night, and repeat the Application two or three times, if need require.

Hornitium, or Clary, (by some called *Clear-Eye*;) There are two sorts of this, Garden and Wild. The Herb and Flower is Cleansing, Attenuating and Strengthening, and is good to be eaten by those that have weak Backs, or Pains in them. The Seed of it collected

collected in Spring-water, is wonderful good for clearing the Eye-sight, the Eyes being washed therewith. The Powder of the Leaves snuffed up the Nose, purge the Head and Brain of Phlegm. A dram taken inwardly, provokes Venerie. The Essence of the Juice strengthens Weakness in the Reins, and much availeth in Barrenness, comforting and strengthening the Womb. A mucilage of the Seed dissolves Swellings. The Leaves of Wild Clary are dissolutive strengthening, and clear the Sight.

Hotch-pot of Beef: Take a Brisket Rand of Beef, any piece of Mutton, and a piece of Veal; put this into a sufficient quantity of boiling Water, keeping it clear from the Scum: then put in Sweet-Herbs, minced Cabbage, but not too small, and Carrots sliced: let them boil almost to a Jelly, and so serve them up on Sippets.

Hotch-pot of Pigeons: Put your Pigeons (drawn, and a few Sweet-Herbs finely shred, and mixed with Butter) into a Pot, as many as you think convenient: then put to them some strong Broth, after you have laid between them some slices of interlarded Bacon, beaten Nutmeg, Ginger, and a little Saffron, that they may give them a colour; then make 'em boil a-pace, and when they are boiled enough, put in some Verjuice of Grapes, or

Wine-Vinegar, and so season them with a little Salt and Pepper, and serve them up on Sippets. And thus you may order a Hotch-pot of Chickens, only these you must cut into quarters, and lard them with small square pieces of Bacon-Lard, and boil or stew them not too hastily: you may add some Sweet-Herbs shred small, and a piece of Butter; and being enough, garnish and serve them up as the Pigeons. This way you may draw any sort of small Fowl, either Wild or Tame.

Humours fallen into the Eyes: To remedy this Grievance, Take of White-wine six ounces, Red Rose-water the like quantity, Tutty-stone in Powder half an ounce, Aloes a dram, Loaf-Sugar finely powdered half an ounce: put them into a Glass with a narrow Mouth, stop it close, and let them infuse in the Sun, or some warm place, about three Days, then draw off the clear Water separated from the settling, and wash the Eyes with it frequently, and it will restore them to their strength and firmness of Sight without any Trouble.

If the Humour is very sharp, wash the Eye with this. Take White Port Wine, good Brandy of each equal parts: mix them: with this wash the Eye 3 or 4 times a day: If it is from weakness of the part, drop Brandy undist into the Eye 2 or 3 times a day, and it will cure so a Wonder.

Wonder. But if the Rheum is violent hot, and there is Inflammation withal; then wash them daily with this Collyrium, or Water. Take White Port Wine a quart; Saccharum Saturni three drams; Reck-Alon a dram and half: mix them, dissolve and filter it for use.

Cure in the Eye: If the Hurt makes a Wound in the Eye, Take 3 ounces ofcelandine-water, put to it three drams of Clarified Honey, stir them well together, and add sixty drops of Elixir Proprietatis to it, and dress the Eye with it. This Mixture must be made fresh once in two or three Months.

Hydromel, a short way: To make this, Take two Gallons of Spring-water, boil it over a gentle Fire, keeping it scumming till no more will arise, then put in a pound of the best Honey, adding a little Fennel and Eye-bright tyed up in a bundle, and so let it seeth till the third part be consumed, scum it very well, strain it through a fine Cloth or Sieve, and with a quarter of a pound of Sugar-Candy finely beaten, put it up in a Vessel, and keep it close stopp'd; and it is an excellent cooling Liquor, greatly comforting and reviving the Spirits in Fevers and other hot Diseases, and is good in extream Costiveness to loosen the Belly, and contributes much to the freeness of making Urine.

Hysocismus, or Henbane: A Cataplasim of the Roots applied in the Gout, Tumour or Tooth-ach, gives present ease. The Leaves which have all the Virtues, and Preparation of the Root, wonderfully mollifie and ease Pains, being layed on a Poulitis. A Distilled Water of the Flowers and Seeds, not ripe, and an Oil compressed out of them, cure the Pains in the Teeth and Gout, and are held to help Deafness and Noise, and Worms in the Ears, if dropt into them, though not too much. A Cataplasim of the Leaves boiled in Vinegar and White-wine, eases all Inflammations of the Eyes, asswages Swelling of the Cods, or in Women's Breasts: Gives ease to the Sciatica, and other Pains in the Joints, proceeding from hot Causes.

Hysop, its Virtues: The Qualities are piercing and attenuating, opening and absterfive, and therefore it hath power to heal and purifie. Being concocted with Figs, Honey, and Rhue, of an equal quantity in fair Water, is good for Inflammations of the Lungs, old Coughs, Difficulty of Breathing and Catarrhs. It kills Worms in the Belly, and being beaten with Salt and Cummin, it remedies the poisonous Biting of Serpents, if immediately applied to the Wound with a mixture of Honey. It is profitable to those that

that are troubled with the Falling-sickness, the Decoction of it being drunk in White-wine, as also to cause the voiding of Phlegm, especially when it chiefly oppresses the Stomach and Lungs, as also the phlegmatick Maladies of the Brain and Sinews; and not only purgeth, but also fortifieth them. It drieth away Ventosities, and moveth Appetite; provokes Urine, and lessens the shaking of the Ague-Fit, sharpens the Sight, and supporteth a good Colour. It is good for the Spleen and Dropie, and is singularly good against the Quinsie in the Mouth and Throat, being gargarized with the Decoction of it, and Figs in fair Water. The Oil made of the Leaves and Flowers, helpeth refrigerated or benumbed Sinews and Nerves, and strengthens them.

Hysterick Affections: Take an ounce or sufficient quantity of Volatile Salt of Harts-horn, drop on it as much Spirit of Tartar as will satiate it, when the Conflist is over; digest and mix it for a while, that it may acquire a redness in Colour, and keep it carefully stopp'd. The Dose is 10, or 12 drops in any convenient Syrup. This is excellent good for the Genus Nervosum, and other Distempers and Afflictions.

Hysterick-Balsam: Take Galbanum, Opopanax, Assa-Fetida, Sagapenum and Gum Am-

moniack, of each a dram: distilled Oils of Rhue, Juniper-Berries, and Amber, of each a scruple: melt the Gums in an Earthen Vessel, and mix the Oils, and make a Balsam by rephixing them over a gentle Fire.

This Balsam is very excellent to suppress the Vapours of the Matrix, put up into the Nostrils, and by anointing the Navel with it, it provokes the Terms, or by applying it to the lower part of the Belly.

Hysterick Elixir: Take the distilled Oil of Wormwood, Pennyroyal, Amber, Featherfew, and Rhue, of each half a dram; Tincture of Castor and Saffron, of each three ounces; refined Sugar one ounce: make these into an Elixir, and let it stand ten Days before you use it.

It is an excellent Elixir against all Diseases and Infirmities of the Matrix. The Dose is from half a Spoonful to a whole one.

Hysterick-Liquor: Take of Castoreum two drams, Saffron and Camphire of each an ounce: let them macerate fifteen days in a pint of Aquavite, not being set on any Fire, and then filter the Liquid part.

Take Spiritus Universalis six ounces; Castoreum, Camphire, Saffron, of each 2 drams: the Castor being in Powder, put ad into the Spirit, and digest 24 Hours, then decant off the clear. Dose from 20 to 30 drops, in Beer, Ale, or Wine.

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This is an excellent Specific to suppress Vapours, especially in Women, when arising from the Matrix: it may be taken upon any occasion, the Party who takes it being fasting, that it may operate the better, from half a spoonful to a whole one. It also may be snuffed up the Nostrils, or the Temples bathed with it, to ease Pains in the Head, and prevent the ascending of offensive Vapours to the Brain.

Hysterical - Vapours: These are usually called Fits of the Mother: To cure or avert them. Take the Liver of a hunted Hare, hang it up for a time in a dry place where it may not putrefie, till it may be reduced to Powder, then take two or three scruples at a time in any convenient Liquor.

Or which is better, you may take 20 or 30 drops of Spirit of Sal Armoniack, or Spirit of Harts-horn in a Glass of White Port Wine, or in cold Well-Water, which sometimes is better: salt of Amber given at Night going to Bed, and in the Morning fasting 10 or 12 grains, is a famous thing, not only to cure them when come, but also to prevent their coming again. These Pills also are good for the same purpose.

Take Assa Fœtida, Ammoniacum, Galbanum, Sagapenum, fine Aloes, of each an ounce; Opium half an ounce: mix, and with Rose-Water make a Mass of Pills: Dose from 10 grains to a scruple at Night going to Bed. It is a most choice Secret.

Hysterical - Water: Take the Roots of Briony, and Penny, Orange-peels, of each three ounces; Mugwort; Bawm, Featherfew, Pennyroyal, Savin, Elder-flowers, of each a handful; Myrrh and Castor, of each an ounce; Saffron two drams. Let these macerate twenty four Hours in two quarts of Canary, a quart of Orange-flower-water, and distill them all on a Sand-Bath.

This Water is very highly commended by most learned Physicians for the Cure of the Distempers and Grievances of the Matrix. The Dose is an ounce and an half.

Or take this, viz. Juice of Neppe, Wormwood, Mugwort, Pennyroyal; Elder-flowers, and Hyssop, of each half a handful; distill them, and preserve the Water for Use. This is not so powerful as the other, though very good, and contributing much to the Ease of the aforesaid Grievances and Distempers.

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Jacobine - Pottage:

Take either a Capon, or two Brace of Partridges; roast them, and take out the Bones, and mince the Brawn very small, then breaking the Bones, boil them in strong Broth with a handful of Sweet Herbs, in an earthen Pot: then strain out the Broth upon Sippets of Bread, and lay on the Bread a layer of Flesh or grated Cheese, then put over it some Broth of Almonds, and make it boil; then fill up your Dish by little and little, till it be quite full, so garnish it with the ends and pinions of the Wings, and the Bones, by sticking them end-ways in your Pottage, beat then the Yolks of three Eggs very thin, mix them with a little Almond, or other Broth, and pour them over the Pottage, and so serve it up as a dainty Mess.

Jaundice in Children: Take half an ounce of the best Rhubarb, make it into a Powder; then take two handfuls of fine Currans, and incorporate it with them, when extraordinary well beaten, and so make it up into an Electuary: And of this, let Children take the quantity of a Nutmeg at a time fasting, and

fast an Hour after it for several Mornings successively, as much at Noon, and the like at Night going to Bed.

Jaundice Peltom: Take an ounce of Castile-soap, slice it thin, and put it into a pint of cold Small-beer; set it on the fire, and let it boil a little; then scum it once, and strain it through a Sieve, and drink one half of it in the Morning, and the other in the Evening: take a lump of Sugar after it, and fast two or three hours. Taking this, will not hinder any moderate Business. If the Distemper be far gone, you may take it once or twice more in two or three days-time afterward.

Jaundice Peltom, another: Take two or three ounces of Hemp-seed, and boil them in New-Milk till some of the Seeds begin to open and burst, or somewhat longer; then strain out the liquid part, and drink it very warm, renewing it, if occasion require, for two or three days together.

The Jaundice, whether Black or Yellow, is cur'd in a very short time, by giving a vomit of Tarter Emetic a gr. iij. ad. ʒ. iij. in the Morning fasting, drinking good store of warm Posset-drink after

after it, and repeating it three or four times, as you see occasion, and then giving the Black Tincture or Symp of Steel, a Spoonful or two in the Morning fasting, and at Night going to Bed, our Volatile Laudanum from three grains to five or six, and continuing the use of these Medicines for some time, the Cause will be taken away, and the Yellow Colour removed, almost as it were by a Miracle.

Jelly and Snow: Take New Milk and some Cream, and mix it together, and put it into a Dish, and set together with Runnet as for a Cheese, and stir it together; when it is come, pour over it some Sack and Sugar, then take a pint of Cream, and a little Rose-water, and the Whites of three Eggs, and whip it to a froth with a Birchin Rod; then as the froth arises, cast it upon your Cream which has the Runnet in it, till it lies deep, then lay on bundles of Preserv'd Barberries here and there carelessly, and cast more Snow upon them, which will look very well; then garnish your Dish, being broad brim'd, with all kind of Jellies in pretty Fancies, and several Colours.

Jelly: Take a dozen of Calves-feet, scald them, and take away the Fat between the Claws, as also the great long Shank-bones; lay them in Water four or five hours, and boil them in two gallons of

Spring-water: keep them scumming till the Water comes to about three quarts; then strain it through a thick linen Cloth, and let it cool; and when it is cold, cleanse it from the Setlings: pare off the top, and melt it; then put into a large Pipkin three quarts of White-wine, and three races of Ginger sliced, six or seven blades of Mace, and a quarter of an ounce of Cinnamon, a grain of Musk, with eighteen Whites of Eggs beaten with four pound of fine Sugar; mix them with the Jelly in the Pipkin, then put in the Juice of three Lemons, and let them boil leisurely: then strain it again, And run it, and serve it up with any Meats, or other things that require Jellies. 'Tis very good to strengthen the Back, and enable Generation.

Jellies, their proper Meats:

1. Three pair of Calves-feet.
 2. A Knuckle of Veal, and a fine well-flesh'd Capon not very fat.
 3. One pair of Calves-feet, a well-flesh'd Capon, half a pound of Harts-horn, and an ounce of Ising-glass.
 4. An old Cock, and a Knuckle of Veal.
 5. Harts-horn, and a Puller.
 6. Good bodied Capons only.
 7. A Cock or Capon with Ising-glass.
 8. Jelly of Hogs-feet.
 9. Sheeps-feet, Lambs-feet, and Calves-feet.
- And these may be all ordered as the fore-going, for matter of boiling and straining.

Jelly

Jelly of Apples, the French way: Make a Decoction of Apples pared, sliced, and cored; then run it thorough a fine Cloth, and to a quart put about three quarters of a pound of Sugar, and so boil it up to a Jelly. This is very cooling and wholsom for the Stomach, and good to be given in Fevers, and hot Diseases; yet it must be taken, in such cases, with moderation.

Jelly of Broth: For the true making this, observe what is material, besides the matter to be jellied, viz. the Meats; add a quart of White-wine, a pound and a half of Sugar, six Eggs, two Nutmegs sliced, a quarter of an ounce of Mace, two Races of Ginger sliced, a little stick of Cinnamon grossly bruised, two grains of Musk, and Amber-grease.

Sometimes, for variety, instead of Wine, use Grape-Juice, a quart of the Juice of Lemons, a pint of the Juice of Oranges, a quart of Wood-sorrel, or a quart of the Juice of Quinces.

Jelly Crystalline: To do this, Take half a dozen Calves-feet; scald off the Hair, take off the Claws, and take out the great Bones and Fat; then casting the Flesh into fair Water, thist them three or four times a day and a night, and in the morning boil them in a glazed Pipkin,

in six quarts of Water, keeping it very clean scumm'd till it is reduc'd by boiling to three quarts; then strain it into a clean earthen Vessel, and when it is cold, take away the Dross from the bottom, and the Fat from the top, if any remain there; then put it into a large Pipkin of six quarts, and put to it two quarts of old White-wine and the Juice of four Lemons, three blades of Mace, and two races of Ginger sliced; then melt or dissolve it again into Broth, and let it cool, and then have four pound of Sugar ready beaten, and in a large Dish mix it with twelve Whites of Eggs; then put them into the Pipkin where the Jelly is, and so stir them together with a grain of Musk, and Ambergrease: put it in a fine linen Cloth bound up, and a quarter of a pint of Damask-Rose-Water, and set it a stewing on a gentle Charcoal-fire; before it boils, put in a little Ising-glass; and being boiled, cool it, and then run it up.

Jelly of whole Currans: Boil to candy four pound of fine White Sugar clarified with the Whites of Eggs; put into it Red Currans about five pound: let them boil together till they are almost become a Jelly, then put into it some whole Currans fresh and cleanly pickt; and when they are enough, put them into the Sugar, but let it be very clear, and

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well ordered; and scum it well while it boils with the Sugar, and so you will have an excellent Jelly, very cooling and grateful to the Stomach, and useful for restoring a lost Appetite.

Jelly of Flesh: Take a Red Cock, and a Knuckle of Mutton, or the Sinews and Knuckle of Veal with a little Mutton, Raisins of the Sun stoned; boil all these to pieces: then take the Vessel wherein they boil, from off the Fire, pour out what is in it into a wooden Vessel, and break and mix it together very well: then run it thorough a Strainer; and when it has stood all Night, scum off the top and season the rest with Sugar, a Stick of Cinnamon broken very small, a blade or two of Mace; so boil it up again, and strain it through a Jelly-bag for use. It is exceeding nourishing and good for those that are in, or enclining to a Consumption; also to restore weak and decayed Bodies.

Jelly of Gooseberries, the French way; Take Gooseberries, and press or bruise them, and strain out the Pulp thorough a Straining-cloth: measure the Juice, and to every pint put three quarters of a pound of Sugar: make it boil up well together; and when it is so well boiled, that some of it being laid on a Plate, it will not stick, but come clean off, then strain it, and keep

it to put into Tarts with Pears, Apples, Quinces, or the like, to make them taste like Gooseberries, when Gooseberries are out of season. And so you may Jelly Raspberries, Cherries, Currans, or any such like soft Fruit.

Jelly of Harts-horn: This has been a long time greatly in request. To make it, Take half a pound of Harts-horn, boil it leisurely in Spring-water close covered, and in a well glazed Pipkin that will hold a gallon: boil it well; when 'tis cold, strain it thorough a fine Cloth, and put it into another lesser Pipkin, and with the Juice of eight or nine large Lemons, a pound and a half of double-refined Sugar, and so let it boil a little, and put it into a Gally-pot or small Glas, or cast it into a Mould, or any fashion you fancy best. This is by Physicians held to be a special Cordial, and a great Strengtheners; a Restorer of Consumptive Bodies, or those fallen away by long or violent Sickneses.

Jelly to Make: Take a large Leg of Veal, cut away the Fat as clean as you can; wash it well, and let it lie soaking a quarter of an hour or more, having first broke the Bones: then take four Calves-feet, and scald off the Hair in boiling Water, Quench them, and put them to your Veal; boil them over the fire in a brass Pot, in two gallons

or ten quarts of Water, according to the proportion of the Meat: scum it very often, and so continue it till it is boil'd away to three pints; then strain it thorough a clean Strainer, and let it stand till it be quite cold, that it will easily be cut out; pare the top and the bottom, and then put it into a Skillet: then take two ounces of Cinnamon bruised, and Nutmeg sliced, a race of Ginger, and a large Mace or two, a little quantity of Salt, and a spoonful or two of Wine-Vinegar, and the Whites of Eggs well beaten: put all to the Jelly, and then set it on the Fire, and let it seeth two or three walms, stirring it all the while; then strain it thorough a Jelly-bag, and eat it when you find Nature weakened or decayed, and it greatly strengthens and fortifies it.

Jelly of Oranges or Lemons: Take the fairest and thick Rinds, cut them in halves, take their Meat clean out, then boil them in several Waters till a Straw will run through them; then wash them in cold Water, pick and dry them: then take to a pound of these, one quart of Water, wherein thin slices of Pippins have been boil'd, and that the Water feels slippery, take to this Water three pound of Sugar, and make thereof a Syrup, then put in your Peels and scald them, and set them by till the next day, then boil

them till you find the Syrup will Jelly; then lay your Peels into your Glasses, and put into your Syrup the Juices of three Oranges, and one Lemon; then boil it again till it be a stiff Jelly, and put it to them.

Jelly of Pippins: Take twelve fair Pippins, core them, and boil them in three pints of Spring-Water till one half is consumed, then put in half a pint of Rose-water, one pound and half of fine Sugar, and boil it uncovered till it come to the colour of Amber; if you would know when it is enough, drop some thereof from your Spoon upon a piece of Glass, if it stand, it is enough; then run it into an earthen Pan upon a Chafing-dish of Coals, and while it is warm, fill up your Boxes or Moulds with a Spoon; let it stand till it be cold, then turn it out of your Moulds, and serve it at pleasure.

Jelly of Quinces: the French way: Make a Decoration of Quinces pared, quartered and cored, till they are very soft, so that they may be mash'd and mingl'd with the Water they are boil'd in; then strain them thorough a Straining-cloth, and boil the liquid part up again with Sugar, a pound to a quart, till it comes to a reddish colour: then scumming it lightly, let it settle, and take off the finest part, when it is warm, put

it into glazed earthen Vessels, and let it stand till it is cool, and it will become a curious red Jelly, and is a great Comforter of the Stomach, exceeding good for the Lungs, and Shortness of Breath.

Jelly of Verjuice: Boil Verjuice in fair Water, then strain it, and in the Decoction boil Apples, and a little Ising-glass; and when the liquid part begins to consume, it will be a perfect Jelly. This is good to use in Sauces, and for garnishing Dishes; as likewise to prepare the Stomach for a good Appetite, by being eaten with Sugar and Rose-water.

Jelly White: Take a pound of Almonds, and steep them in cold Water till the Husks come off; being blanched, beat them with a quart of Rose-water; then a Decoction of half a pound of Ising-glass boiled with a gallon of fair Spring-water, or else half Wine, boil it till half be wasted; then cool it, and strain it, and mingle it with your Almonds, and strain with them a pound of double-refined Sugar, the Juice of two Lemons and cast it into Egg-shells; put Saffron to some of it, and make some of it blue, and some of what colours you please, though naturally it will be as white as Snow.

Jemellous to Make: Take a pound of fine Sugar beaten

and sifted, four Yolks of new-lay'd Eggs, a grain of Musk, and two drams of Carraway-seeds finely beaten and sifted, a little Gum-dragon dissolved in Rose-water, and six Spoonfuls of fine Flower; beat all these together in an equal mixture as may be; so beat them into a thin Paste a little softer than Butter; then run it thorough a Butter-Squire of two, or three Ells long, bigger than a Wheat-straw, and let them dry upon Paper a quarter of an hour; then tie them up in such Knots as you fancy most proper; and being dry, boil them in Rose-water and Sugar, and it proves very useful in setting out a rich Banquet.

Ill Habit of Body, to

Remedy: Take double-refined Sugar one pound, the distilled Water of Citron-peels four ounces, boil them over a gentle fire to the consistence of a solid Electuary; then add a Nutmeg, Sugar powder'd and pass'd thorough a Sieve, Pulp of Pistaches three drams; choice Cinnamon and Mace finely powder'd, of each two drams; put in first the Nutmeg and the Pistaches, after that the Peel, and then the Powder; and being all incorporated, make them up into Tablets, and dry them, so that they may be well kept for use.

These Tablets are of a very pleasing Scent and Odour, grateful to the Stomach, and removing

removing the ill habit of Body. They encrease the Appetite, and facilitate Concoction and Distribution of the Nourishment. They also are very effectual to expell Wind, and hinder the Putrefaction of the Humours. You may take of them for a Dose two drams in the Morning fasting, and immediately after Meals, and may continue the use of them as you see occasion.

To remove the ill habit of Body, first clear the Stomach and first Passages with a gentle Vomit, as our Pulvis Antimonij, or with Tartar Emetick, which may be given from three grains to five, according to Age and Strength, and to be repeated once again, then purge two or three times with our Elixir Vita, giving from three Spoonfuls to six or seven in the Morning fasting, mixed with a little Ale: This done, let the Patient take our Cachectick Powder half a dram at a time every Night going to Bed for 12 or 14 Nights together, and they will immediately after recover their Health. Spirit of Scurvy-grass is also a good thing to be taken every Morning fasting in a Glass of Ale.

Incontinency of Urine: Take the Pizzle of a Wether, dry it in an Oven, so that it may be reduced to a Powder; mix it with a little Powder of Coral, and take as much as will lie on a Three-pence in a Spoonful of Vinegar.

There is nothing better than our Pulvis ad diabetem, which has been proved some hundreds of times, Dose one dram, every Night going to Bed in a little Ale. Crocus Martis astringens may also be given every Morning fasting in Conserve of Sloes or Hips, for this much strengthens the Tone of the Parts. Also an Infusion of Catechu and Jesuits Bark, of each an ounce in a quart of Red Wine, for six Doses, to be given either Morning or Evening, or both (if the Disease is vehement) is a Medicament almost beyond compare.

Internal Piles: For Pain in the Joints from a cold Cause, there is nothing better than to bathe them Morning and Evening with this mixture: Take Powers of Amber, of Aniseeds, of Caraway, of Juniper-berries, of Rosemary, and of Turpentine, of each equal parts: mix them: It will go into the part almost as fast as laid on. But if the Pain is from a hot Cause. Take Oil of Sweet-Almonds two ounces; Camphire one ounce; mix and dissolve, then add Saccharum Saturni half an ounce: Extract of Opium made with Water two drams: mix them; and anoint therewith, and apply Cloths dipt in the same thereon.

St. Johns-wort: This is a sovereign Herb for Wounds, or internal Bruises; boil it in White wine, and drink it very warm, with a little Sugar. For Wounds, make it into an Ointment or Bath. It opens.

Obstructions, and dissolves Swellings: It closes up the Lips of Wounds, and strengtheneth the Parts that are weak and feeble. The Seed, especially if brought into a Powder, and drank with the Juice of Knot-grass, helpeth all manner of Spitting or Vomiting of Blood, closes a Vein broken inwardly, and helps those that are stung by any venomous Creature. It is good for those that are troubled with the Stone or Gravel in the Kidneys, or have difficulty in making Urine. Two drams of the Powder of the Seed taken in a little Broth, gently expels Choler, or congealed Blood in the Stomach. The Decoction of the Leaves and Seeds, being drank somewhat warm before the Fit of an Ague, whether Tertian or Quartan, does alter the Fits; and by often using, takes 'em away. The Seed is very much commended, being drank for forty days together, in helping the Sciatica Falling-sickness, and Palsie.

Joints Afflicted: Take Mares-foot-oil five pints, Beef-suet two pound; Oils of Aniseed, Amber, and Juniper berries, of each five ounces: melt, mix, and make an Ointment; and use it by suppling or bathing pretty hot in all cold Distempers that afflict the Nerves and Joints.

Joint-Sickness, &c. This is cured marvelously with this great Medicine. Take choice

well scented golden coloured Palm Oil eight ounces: Oil of Aniseed an ounce and half, or two ounces: mix and anoint therewith Morning and Evening for 10, 15, or 20 days, as you see occasion. This also removes it in an Hour. Take Oil-Olive three ounces; Oil of Vitriol one ounce: mix them, and apply it cautiously, so as it may not pull off the Skin.

This is an excellent Ointment for all cold Diseases, as Palsies, Stiffness of the Joints, Cramps, Convulsions, and the Colick, and Pains of the Reins, &c.

Italian Bisbet: Take a pound of fine Sugar, beat it yet finer, and sift it; and to it put a pound of fine Wheat-flower, and six Eggs beaten very thin; then beat them all together in a Stone-Mortar for an hour's space, not suffering it to stand still, lest it prove heavy; then put in half an ounce of Aniseeds: rub Butter over your Plates, and drop the Ingredients with a spoon as fast as possible you can: set them into an Oven and bake them, but let them not be too much by any means.

Italian Chips: Take Paste of Flowers, beat them till they are reduced to a fine Powder; then sift them, and take some Gum-dragon steep'd in Rose-water; beat them in a wooden or stone Mortar to a perfect Paste, then rowl it very

very thin, and lay one colour upon another in a long roll, and being rowled very thin, cut them overthwart; and they will appear of divers curious and delicate Colours like Marbling.

Itch to Cure: Take strong Lime one pound, and put it into a gallon of Spring-water; let them work together for some hours, and then carefully pour off what is clear: filter the rest, and take two ounces of Quicksilver tied up in a flannel Bag: let this hang in the Liquor, and boil it half an hour or more: then pour off the clear Liquor, and with it wash the part afflicted; and when it is well dried in, appoint the same places with Ointment of Tobacco, which you may have ready prepared.

Itch, another way to Cure: Take a handful of the Roots of Elecampane, and as much of sharp-pointed Dock; shred them small, and boil them in two quarts of Spring-water till a pint be consumed; then strain out the Liquor, and wash with it the place afflicted once or twice a day.

This is Infallible. Take Rose or Rosemary-water eight ounces, Powers of Mercury one ounce: mix them, and wash the Places afflicted therewith Morning and Evening. This Ointment never fails. Take White Precipitate one ounce; Flowers of Sulphur four ounces; Oil-Olive mix'd with half its weight in Beef-suet,

ten ounces; Oil of Tartar per deliquium, an ounce and half: first mix the Oil of Tartar with the Precipitate, then add the Flowers of Sulphur; add the mixture of Oil and Suet, and so make an Ointment, with which anoint Morning and Evening the Places afflicted.

Juice of Crabs: This is commonly called Verjuice, it cools, dries, binds, and quenches the Thirst, allwages the heat of burning Fevers, stops Fluxes, and causes Appetite. In other Countries they imitate ours with the Juice of unripe Grapes. It is used with Sauces in Food, to sharpen the Appetite; and made into Lohochs with Virgin-Honey, it cools in hot Diseases, and cuts tough Phlegm.

Juice of Cucumbers: Here is meant the Wild ones: It is Cathartick; it prevails against the Gout, Scurvy, and King's-Evil, Obstructions of the Viscera and Jaundice, also the Dropsie: It is to be taken from two drams, to three, four, or five.

To make a Syrup of it. Take of the Juice two pound, of choice Senna two ounces and a half: mix and infuse them over a gentle Heat close covered, sixteen or twenty four Hours; then strain it out, and boil it up with as much white Sugar, as will make it into a Syrup. The Dose is from two, three, four or five Spoonfuls in any of the Distempers or Gric-

Grievances before-mentioned. It purges our watery Humours very strongly.

Juices Depurated: Let your Juices setle for twelve Hours, then pour it off gently from the gross Impurities settled at the bottom; boil it gently in a Pipkin, and take off the Scum or Curds, letting it boil only a walm or two, then strain it.

Juice of Garden, or Field-Sorrel: This made into a Syrup, or the Juice sweetened with Sugar, is very cooling and astringent also, it allays the Heat of the Liver and Stomach, stays Fluxes and inward Bleedings. It is good to expel the afflicting hot Vapours infesting the Brain in Fevers, and to hinder the Lightness in the Head: Eaten in Sallads, it cools the Blood and thins it. Applied Poultix-wise, it asswages hot Swellings, or any external Inflammation, takes off the Redness and Heat of the Face, or any Part of the Body, being washed with the distilled Water of it, and that of Scabious.

Juice of Licorice: Of Licorice there are two kinds, viz. the Spanish and the English, though much of the same Virtues. The Spanish Juice is made by boiling the Juice to a thickness, or inspissating it by Evaporation, and then making it up into Rolls or Cakes, which they wrap up in Bay-leaves, that which is

best breaks free, and is clear and shining like Jot. The English Juice is made into round Balls, and is generally a Composition made of the Juice and the Pulp of Prunes, and so inspissated to a Body.

It is one of the greatest Pectorals, good against Coughs, Colds, Hoarseness, Wheezing, Difficulty of Breathing, Shortness of Breath, Stiffness of the Lungs, Breast, and Stomach, also for Ulcers in the Kidney, sharpness of Urine, and the Corrosion of the Bladder: It helps Expectoration, lenifies roughness, loosens the Belles of Children, and takes away the Gripings, and other Pains. It helps to overcome and remove the Effects, many times left behind, of strong and sharp Purgers.

To make an aqueous Tincture of Licorice: Take Spanish Juice very thin sliced, or bruised in pieces in a Mortar, one ounce; fair Water three quarts, Salt of Tartar three drams: mix and put all these into a glass Body digested over a very gentle Heat twenty four Hours, and a pure Tincture will arise into the Water, leaving all the Faces, or earthly Substance behind in the same form or shape it was put in: Beware you shake it not, but decant the pure clear Liquor for use, and cast away the Faces. It wonderfully sweetens the Blood, and is excellent in the Scurvy and French-Pox.

Juice

Juice of Licorice white: Take clean Powder of Licorice-roots, and Orris, of each six scruples; Wheat-flower two ounces, Sugar finely beaten one pound; Eastern Musk, and Ambergrease, of each three grains: incorporate these together with a mucilage of Gum-Tragacanth extracted in Rose-water, mixing and beating them together in a solid Paste: make them up into Tablets or Rolls, and dry them in the Sun, or before a gentle Fire, on fine Paper.

The Juice of white Licorice is more pleasing than the black, very acceptable to the Taste and Smell; and dissolved in Mint, or Rose-water with a little Syrup of Gilliflowers, is good against Coughs, Colds, Phthisicks, Asthma's, and most pectoral Diseases.

Juice of Nettles: It stays Bleeding, mixed with white Sugar, and snuffed up the Nose. A quarter of a pint of the Juice of the Tops of young Nettles drank at a time, stops internal Bleeding. It is also good, made into a Syrup with Sugar against the Diseases of the Lungs, as Colds, Coughs, Asthma's, Peripneumony, Pleurisies, Stitches in the Side, Head, Pain, and Stoppage of Urine, whether proceeding from Sand, Gravel, or other mucilaginous Matter.

Juice of Pomegranates: This is cooling and Cordial, cheering the Heart, and re-

freshing the Spirits: It resists Poison, and the Infection of the Plague, and all other pestilential and contagious Distempers: It cools, and that which is most acid, is grateful to the Stomach. It is given in Cholerick Fevers, the Pica in Women with-Child, Gonorrhoeas, and cures the sore Mouth. The Wine like Juice, that is between sower and sweet, is Cordial and Cephalick, good against the Migrations, Vapours, fainting and swooning Fits; the sweet Juice is good against old Coughs. Of the acid or sharp Juice is made first Syrup, with a sufficient quantity of Sugar to make it into a convenient thickness; secondly, Lohochs with Honey, and the distilled Spirit of the Wine of Pomegranates, is an excellent Cordial mixed with cooling Waters in all hot Diseases.

Juice of Wood-Sorrel: Take four pints of the Juice of Wood-sorrel, purify it, and pour it into a glass Cucurbit, cover it with its Alembick slightly luted, place it in Balneo Mariæ, and distil about half the moisture with a moderate Fire; then take away the Cucurbit, and let it cool: this being done, pour out the acid Juice that remains by inclination, and pass it through a brown Paper, to separate the Dregs gathered in distillation; then weigh out a quart of the clarified Juice, and in it dissolve

solve four pound of fine Sugar, and give it a little time to wamble over the fire: Take it off, and scum it when it is come to the thickness of a Syrup: you may likewise clarify the fine powder'd Sugar with the White of an Egg, and fair Water, and boil it to the strong consistency of a solid Electuary; and afterwards incorporate the Juice of the Wood-sorrel prepared as is directed.

This Syrup is very cooling, and is useful to quench Thirst in hot Diseases; also the Heat of the Liver and Stomach. It is very much commended in Burning Fevers, and in Malignant and Epidemick Distempers. It comforteth and strengtheneth the Heart, and allays the Inflammation of the Mouth and Tongue, likewise that of the Palate and Throat: the distilled Water of the Juice may be very properly mixed with the Syrup, or you may drink the Water alone. The quantity to be taken, is from half an ounce to an ounce, and may be taken in the Morning fasting, and at Night when you go to rest; or at any time of the day, as necessity requires.

Julubes: They are temperate in heat, moisture: even, they are good against Coughs, Hoarseness, and Obstructions of the Lungs: made into a Syrup, or Loach, they help the roughness of the Breast and Throat, ease

the Cough, and ophobstructions of the Reins and Bladder; the white Fruit strengthens the Stomach and stops Lasks or Fluxes: the dried Fruit sold in the Shops, is good against Fluxes and Excretions of the Lungs and Cough: they prevail also against Pilestial and Malign Fevers, by resisting Putrefaction, their Distillation being drunk: they strengthen the Heart, resist putrid Fevers: they allay the heat of the Liver, abate Inflammations, the Pains of the Ureters and Bladder, heal internal Ulcers, and prevail against Shortness of Breath and Pleurisy, &c.

Julap: To make an excellent Cooler for a Calenture, or Burning Fever, Pare ten Lemons, press out the Juice, and let it settle twenty four Hours; then pour off the clear part, and strain it or filter it, and digest it in a stone Bottle in hot Water, or in Sand, for twelve hours; then filter it again, and digest it as before: repeat this until no more Excess settle; put it into little Vials of an ounce apiece, which is a Dose sufficient for any one. Some say, That two Doses of this will allay the greatest Burning Fever, and by degrees so cool and temperate the Blood, that the Distemper in a little time will cease. It may be given by itself; but if it prove unpleasant to the Palate, you may mix a little Sugar with it.

Junbals:

Junbals: To make these, Take a pint of Wheat-flower, and a pound of white Sugar, make a mixture of these with the Whites of two or three Eggs finely beaten, and a pound of blanched Almonds well beaten, with half a pound of fresh Butter, and a spoonful or two of Rose-water. To these add half a pint of Cream, and mould it till it becomes a Paste, so rowl it into what shapes you please, and dry it a while; then bake it in an Oven not too hot, to the number of twenty, or more.

Junbals, another: Take a pound of fine Wheat-flower, the Yolks of four new-lay'd Eggs, about a quarter of a pint of sweet Cream, a quarter of an ounce of Aniseeds, and half a pound of cold Butter: make all these into a Paste, and rowl it into long rolls as big as your Little-Finger, and make them into what Knots, Forms or Fashions you please: then boil them in fair Water; after that, bake them, and keep them in Boxes in dry places to set on the Table, as occasion requires.

Junbals Sugar'd: Take two pound of fine Flower, beat a pound of Loaf-Sugar into Powder, sift it, and mingle it with the Flower: then take a pound and an half of Sweet-Butter, break it in small pieces among the Flower and Sugar; then take five spoonfuls of Canary, and three or four

Yolks of new-lay'd Eggs, and a quarter of a pint of Cream; beat them well together, and put them to the rest of the Materials, and when they are work'd up into a Paste, fashion them as your Fancy leads: lay them on white Paper, or on Plates, and put them into an Oven, and bake them with a gentle heat, taking an extraordinary care that they be not scorched.

Juniper-Berries, their Virtues: The Spirituous Water, as also the Oil, are either of them proper to free the Reins and Ureters from Gravel, and vitious Matter, that stops the Passages, and hinders the Urine from having its course. They are also very useful in cold Maladies of the Brain, and in Scorbutick Distempers. They fortifie the Stomach, and create an Appetite, help Digestion, and resist Putrefaction, and kill the Worms in the Body; also expel Wind, Colick, and cold Maladies of the Bowels.

Juy: This Simple, though by some not much regarded, is of great virtue: for Dioscorides tells us, A pugil of the Flowers, which may be about a dram, boil'd in Red-Wine, or powder'd, and drank twice a day, helps the Lask and Bloody-flux. It is an Enemy to the Nerves and Sinews, if taken much inwardly; but very strengthening to them, if applied outwardly in Oil,

Qint

Ointment, or Poultis. The Berries powder'd, and drank in Ale, are good against the Jaundice, Black or Yellow; they help those that spit Blood, and kill Worms. If any one has got a Surfeit by hard drinking of Wine, boil a hand-

ful of Ivy in the like Wine, and the Decoction will greatly contribute towards the Party's Health. The Juice of the Berries snuffed up the Nose, purges the Head of Rheum, and is good for sore Eyes.

K E

K E

Sir K Enelm Digby's *Countdown-Drink*: Take an handful of the Leaves of Sage and Rhue, bruise them, and put them into a thin Bag or Boulter, and hang it in four gallons of ordinary Small Ale well brewed; and as soon as it is Tunn'd, take three hundred live Sows, commonly call'd Hog-Lice, (they live under old Wood and Stones :) bruise these with a little of the Ale, that all the Moisture may be extracted; then strain it, and pour it amongst the rest, and put the Skins of the Sows to the Herbs in the Bag: when it has work'd sufficiently, begin to drink it at Meals, and at other times when you have occasion to drink: and to render it more grateful to the Taste, you may add a fourth part of White-wine, forbearing, during the taking of it, to eat salt Fish, or salt Meats.

This is a good Drink; but it

will be much more effectual, if you add to the Composition Bawn, Sanicle, Speedwell, of each a handful and half; Juice of Oranges a pint; Pimentum or Jamaica-Pepper just bruised for ounces.

It is not to be wonder'd at, that this Drink should be so efficacious, though it be compounded but of few Ingredients, since all famous Authors ascribe such wonderful Virtue to these Creatures; and Experience testifies, that they cleanse, resolve and purifie to a wonder. They dissolve the Stone in the Reins, and Bladder to a Slime, and bring it away; they open the Obstructions, help the Jaundice, and all Obstructions, Stoppage and Strangury of Urine; the Colick, Asthma's, Shortness of Breath; and also restore lost Appetite. They are very much recommended for the curing of all sorts of Cancers, scierrous Tumours in what part of the

Body

Body soever, the Kings-Evil, and all sordid and inveterate Ulcers and Sores. With this Drink did Sir Kenelm do great Cures at Frankford, in Germany, and at other places. It likewise stays the bleeding of Wounds, and heals them very speedily.

Kermes: This is a Fruit of the Scarlet Oak. The Grains are doubly useful, either for dying Scarlet Colour; or for Medicine, which is most to our purpose: Wherefore, to omit the former, it is astringent and used successfully for Wounds, especially where the Nerves are cut; and also prevents Miscarriage in Women. They are used in sharp Diseases, as Apoplexies, Pallies, &c. as also for the Palpitation of the Heart, Fainting, Swooning and Melancholy.

Kermes, a Confection: Take the Juice of pleasant Apples, and Rose-water, a pound and an half; raw Silk cut very small one pound; put them into a Matras well stopp'd, and digest them for twenty four hours in Balneo Maria; then squeeze the warm Silk in a Press, and boil the Liquor to the consistence of a solid Electuary with two pound of Sugar: then take it from the fire, and dissolve in it a pound of the new thicker Juice of Kermes; and afterward mix with it Oriental Pearl prepared, Yellow Saunders, and biting Cinnamon, of each half an ounce; Amber-grise pulveris'd with three drops

of the best distilled Oil of Cinnamon, Lapis Lazuli burnt, wash'd, and made smooth, of each three drams; Leaf-gold one dram, Oriental Musk half a dram.

This Confection, without dispute, is a very excellent one, and held to be one of the best and purest Cordials that ever any Galenick Physician invented; for it repairs and recreates the Vital and Animal Spirits, cures the Palpitations of the Heart, and remedies Swooning Fits; it very much fortifies the Brain, and all the Noble Parts, and is an Enemy to Putrefaction: it re-establishes the languishing and decaying Strength, and drives away Melancholy and Sadness, and restores and preserves both Body and Mind in a good Condition. It may be taken upon the Point of a Knife, or dissolved in Wine, or in Broth, or in any Cordial or Cephalick Liqueur. It is sometimes mix'd with Electuaries or Opiates either soft or solid: The usual Dose is from one scruple to one dram. It is also mixed in Epithoms prescribed for the Heart and Liver, and rarely fails the Parent's Expectation.

Kermes Confect: Take Juice of Kermes (as it is sold at the Shops,) Cacao Nuts ground fine, or to a soft and smooth Pulp, of each a pound; Green-Ginger sliced thin and beaten into a mass 12 ounces; Nutmegs grated into a fine Powder, Catechu dry'd

dryed Viperi-Flesh, in fine Powder, of each 6 ounces; Clove in fine Powder 3 ounces; Coghinele, Saffron, both in fine Powder, of each 2 ounces: mix and make all up into a Confection, with double-refined Sugar 3 pounds, and a sufficient quantity of Spirit of Wine, to dissolve it into a thick Syrup. Divide this quantity into two parts; keeping the one half by it self for Women kind, and such as love not sweet Smells: the other half perfume with choice Musk a scruple, Ambergrise 10 grains, bathe in fine Powder, which mix with this latter half, for to be given to Mankind. Dose as much as a Walnut, every Night going to Bed.

Its Virtues: Kermes, or Alkermes is made of the Kermes-Berries, and brought from Marfilles: it is of a bright Scarlet Colour, well-tasted, and of the thickness of an ordinary Syrup. It is a very great Cordial; it discusses Wind and Vapours, cheers the Heart, revives the Spirit, helps Women in Travall, helps Nature, cures Wounds and wounded Nerves, resists the Poison of the Plague, and the malignity of Pestilential Fevers, and very powerfully and kindly drives out the Small-pox and Measles. The Dose is from half an ounce to an ounce and an half, and may be taken in this Mixture, viz. the Juice of Kermes six drams, Aqua Lactis Alexiter four ounces,

mix them together for a Draught. Or in this manner: Take the Juice of Kermes six drams, the Tincture of Coghinele two drams, Aqua Lactis Alexiter four ounces: mix for a Dose a Syrup made of the Juice with double-refined Sugar: it is good to cut tough Phlegm, if mingled with a little Juice of Lemons or Citron: also to open Obstructions of the Breast and Lungs, and strengthen the Stomach; it causes a good Appetite, and is good against pestilential Diseases. A Water distilled from the Juice, very much resists the Plague, and creates a good Habit and Constitution of Body.

Itches: Take Navel-wort, the Leaves and Root, stamp it very small: to half a handful of both these, put two ounces of Linseed-oil, and a quarter of an ounce of Aloin in powder; mix them well together over a gentle fire, wash your Kibes first in Water and Salt, and being dried, bind this on as a Plaister or Poultis. It is the same for Chilbanes, and helps Corns, it being so applied, when they are newly up.

Itches Blique to Heal: Take the Lungs of a Ram dryed and beat to Powder, mixed with the Oil of Earth-worms, and Linseed-oil, and by applying it three or four times, and washing them with Urine, your Expectation will be answered: or if they be not broken,

broken, make a Plaister of Aloin, Vinegar, and Mustard, and lay it on them.

Dress them with Balsam de Chilli; but if they be foul, strew upon the Ulcer Powder of Scammony, and it will cleanse it to the bottom, yea, though the Bone be sent; then lay over Lint dips in the Balsam, and over all Emplastrum Diapalma. By following this Course, the greatest Ulcerated Ribes will be healed in a short time.

How to Make of Fry: Take some Puff-Past, and rowl it thin; if you have Moulds, work it upon them with Preserv'd Pippins, and so close them, and Fry or Bake them; but when you have clos'd them, you must dip them in the Yolks of Eggs, and that will keep all in; fill some with Gooseberries, Raspberries, Curd, Marrow, Sweet-breads, Lambstones, Kidney of Veal; or any other thing that you like best, every of them being seasoned before you put them in, according to your mind, and when they are baked or fried, strew Sugar on them, and serve them in.

How to Fry: Take a Quarter, or what you please, and cut in Steaks, and season it with Pepper, Salt, Cloves, Mace, Nutmegs, and minced Thyme, put it into a Coffin: Let your Leer be a little strong Broth, White-wine, Gravy, and drawn Butter, with a handful

of Oysters minced; if you please you may put in a handful of boiled Parsley minced also.

Kidneys: If you find any Swelling in the Kidneys, by reason of Obstruction of Urine, Cold, some Blow received, or otherwise, Take the Oil of Roses and Quinces, of each two drams; warm and mix them well over a gentle Fire, chafe it on the Reins of the Back, and swath the Body very warm, with a Flannel Wrapper.

If there is any Pain or Obstruction in the Reins, give presently this Clyster. Take Turpentine an ounce: Yolks of two Eggs, grind them well together, to open the body of the Turpentine: This done, add Mutton-Broth or warm Posset-drink, a pint: mix and exhibit it blood-warm: Then by the Mouth give Asmart or Hydropiper-water 6 ounces, sweetned with Honey, the use of which continue, till the Patient has ease, which will be in a short time: and at Night give a full Spoonful of this mixture in a Glass of the Asmart or Hydropiper-water. Take of our Gutta Vita, Powers of Aniseeds and Powers of Juniper, of each equal parts: mix them, and keep it for use.

Kidney-Beans: To enlarge upon these will not be amiss, seeing so many and various Uses are appropriated to them.

They open Obstructions, provoke Urine, expel Sand, Gravel, and stony Matter,

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strengthen

strengthen wonderfully, and cause a good Colour in the Face, restore in Consumptions; they thicken, cleanse, and stop Fluxes, as Diarrhoea's, Lienteries. The Decoction of them is good against the Stone; a strong Broth of them boiled till they are broken, dissolved and strained, is good against a Consumption. The Flour is used in Poultices, and to ripen Fevers. It eases Pains outwardly, it takes away Freckles, Morpew, and Sun-burn and other Deformities of the Skin. A Cataplasm made of it, dissolves Bruises in the Eyes. A volatile Salt made of them, is good against the Apoplexy, Epilepsy, Palsie, Lethargy, and Convulsion, Gout, Stone, Rheumatism, Colick, and other Diseases of the Head, Nerves, Womb, and Joints. The Dose is from six grains to ten. They are likewise pleasant for Food, and very nourishing.

Kidneys, their Pains Cured: Take Maiden-hair, Licorice, of each five ounces; infuse them twelve Hours in three quarts of Spring-Water, then boil them gently in a Bath, and press out the Liquid part, when a third part of it is consumed, add, by well mixing, three pound of clarified Honey.

This not only helps the Diseases and Pains in the Kidneys and Sides, but also opens the Obstructions of the Lungs, provokes Urine gently, and

expels the Gravel and Stone out of the Bladder: An ounce of it may be taken at a time in any proper Liquor.

This is an extraordinary thing against Stone, Gravel, Sand, Tartarous Matter, or any thing which obstructs the Passages of the Reins, Ureters, and Bladder. Take Strasbourgh-Turpentine 8 ounces; Egg-shells, Crabs-Eyes, Spurr, Winter-cherries, Daucus-seed, all in fine Powder, of each 3 ounces: mix and make a mass for Pills. Dose one dram, Morning and Evening.

Kidney-Pye, or Palsie: Take the Kidneys of Veal, Rat and all, with some of the Mear, when the Loins of Veal are just roasted, mince them very small with the Marrow of six Bones cold, to which add sweet Marjoram, Winter-savoury and Thyme, very well bruised, or small shred, Rose-water a quarter of a pint, half a pound of Currans, a sliced Nutmeg, half a pound of Sugar, and the Yolks of six Eggs; and mixing them well together, let the Crust of your Pyes or Pasties be of Puff-past, and of but an indifferent size. These, by some, are called Marrow-Pasties; but then there is usually more of the one than of the other among the Ingredients: these being made very small, may be tryed in sweet Butter, or tried Suet.

Kidney, The Stone in it
We may beforehand perceive the

the Signs of this dangerous Distemper by a fixed Pain in the Loins, bloody Urine, or voiding Sand or Stones, the numbness of the Leg on the side of the affected Kidney, the retraction of the Testicles on the same the pain afflicts, a queasiness of the Stomach, and straining to Vomit.

This is an approved Remedy against the Stone, and gives ease in an hours time. Take of our Gatta Vita, Powers of Juniper, Powers of Aniseed, of each 3 or 4 ounces: mix them. Dose a full large Spoonful upon extremity: It gives present relief: The Patient may take also every Night going to Bed, one small Pill of our Volatile Laudanum.

There is nothing better to cure an Ulcer in the Kidney, than this method. Twice or thrice a Day, viz. Morning, Noon and Night, let the Patient take 15 grains of the Vitriol of Mars in a glass of good Spruce Beer. Then sit in the Morning, and at four or five in the Afternoon, let them take some of this following Powder. Take Crocus Martis astringent, Catechu, Jesuits Bark, of each two ounces: make into a fine Powder, and mix them. Dose half a Physical dram, or 30 grains, in any convenient Vehicle, as Decoction of Daisy-Roots, Syrup of Comfrey, &c.

Kidney-wort: It is otherwise called Wall-penny-royal, or Wall-penny-wort: The Juice of it being drunk with a little fine Sugar, is excellent, cool-

ing, and good in all Inflammations and unnatural Heats: Excellent is the distilled Water of it in cooling a fainting hot Stomach, or heated Bowels, or hot Liver; it takes away Pimples, or Redness in the Face, St. Anthony's Fire, and other outward Heats and Inflammations; it also easeth the Pain or Soreness of the Kidneys, occasioned by the Stone or Gravel: it provokes Urine, and is available for the Dropsic. The Juice being made into an Ointment, is excellent in easing the hot Gout, or Sciatica.

Kings-bil: Take a handful of the Herb called White-Archangel, stamp it small, and mix with it some Hogs-Lard, and apply it Plasterwise to the Swelling or Tumour; or, Take the lesser Daisie, or common Wild Daisie, usually growing on the Commons, and in Fields, and stamp the Roots, and use them as the former. Figwort is likewise applied with very good success in this Distemper.

Outwardly to anoint withal, an Ointment made of the Roots of Pilewort, is a Specifick; so also an Ointment made of the Roots of Figwort. And to anoint with this Ointment, is extraordinary good. Take Oil of Ben, or Oil of Bitter Almonds 4 ounces; Saccharum Saturni 3 ounce. mix with a little Vinegar; mix all together for an Ointment, and

anoint therewith daily. If these things prevail not, you must have recourse to stronger Medicines; as, 1. To wash the Tumor or Sore with Aqua divina Fernelij. 2. Then to anoint with Unguentum Cosmeticum, or Unguentum ad Scabiem, or to apply it to the Sore upon Lint, or fine Tow. 3. To apply over all Emplastrum ad Strumam, or Emplastrum Mercuriale spread upon Cloth or Leather; these things as to the outward application will not fail to do good, being constantly used for some time. And inwardly you must purge with our Pilule Cathartice, or Family Pills, or you may give Arcanum Corallinum, from 2 to 4 grains, or the Princes Powder from 4 grains to 8 in some proper Purge, and during the whole Cure to drink constantly the following Dyet-drink. Take choice Senna, Mechacan, thin sliced and bruised, ana 6 ounces; Rhubarb thin sliced 3 ounces; Carthamus-seeds an ounce and half; Bark of the Elm-tree, Roots of sharp pointed Dock, of Burdock, of each 8 ounces; Elecampane-Root thin sliced and bruised 4 ounces; Herbs, as Senroy-grass, Parsley, Smallage, of each 2 handfuls; Guaiacum and Sassafras rasped, of each 6 ounces; Juniper-berries, Winter-cherries, Jamaica-Pepper, all bruised, of each 4 ounces; Seeds of Anise, Carraway, Coriander, Cubebs, of each 3 ounces; Orange and Lemon-peels, of each 2 ounces; Figs slit, Raisins of the Sun

Boned, Currants, of each a pound; Antimony in fine Powder, and tyed up in a Rag, a pound and half: put all into a Bag, with a Stone in it, which put into four or five gallon of New-Ale, letting them work together; then drink it as Dyet-drink.

Another: Let a quart of New Milk just boil, and taking it off, put into it two spoonfuls of Honey, which being dissolved with stirring, set it on the Fire, and let it boil about a Minute: so divide it into four parts, and drink one part warm early in the Morning, another about ten, another about four in the Afternoon, and the rest at Bed-time: Do this daily a Month or two together, or less. On the Days you Purge, which must be once a Week, if you be a grown Man or Woman, you may take three quarters of an ounce of Sal Mirabile dissolved in Posset-drink, and keep your self very warm, and be careful after it: Dress the Sores, if they run, with any drawing Cerecloth, or a Plaster of Burgundy Pitch. This Medicine, though not very promising, is yet very famous for the many Cures done with it by a very charitable Lady.

Take the Roots of Pilewort a handful, bruise and boil them in Hogs-Lard till they become crisp, after that press them hard out, and boil in the same Lard as many more

fresh

fresh ones, press them out again; and do this the third time, and then keep the Lard wherein they have been boiled, and with it anoint the grieved Parts twice or thrice a Day.

Kings-Ebil, Another: Take about four spoonfuls of the Juice of Water-Parships, and drink it in Milk, or other Liquors Morning and Evenings, in the Months of April, May or June, and wash the Sore with it.

Kingsfisher: This is a Water-Powl, blue, green, and purple, very beautiful; it builds in the Winter by the Sea-shore, when generally for fourteen Days there is a Calm, which is the time of their hatching; which makes some believe this Bird has an instinct of Nature to know when the Winds will be still, and against that time prepares to build her Nest, and breed.

Kingsfishers flesh is exceeding good for Consumptive Bodies, wonderfully restoring them, and making the Parties grow fat, fresh, and lively.

Take upon this Account of the Potestates two ounces, the Powder of Vipers a dram; mix them together for a Dose, and give them to the consumptive Party.

Take of the Fish dried to Powder in an earthen Pot, set one ounce of it in a hot Oven, Amber half a scruple, Man's

Skull a scruple, and it is a curious Remedy for those that are troubled with the Epilepsie.

Kite: This is a Bird of Prey, and very ravenous; yet Nature has ordered it, that all Creatures shall one way or other redound to the Good and Benefit of Mankind. Some People, as the poorer sort in Germany, eat the Flesh of this Bird as a great Dainty; yet being a gross kind of Food, it is not used by us for Food: However, Take the Powder of that Flesh a dram, volatile Salt of Amber twelve grains, Sal Armoniac four grains: these being mixed for a Dose, are prevalent against the Gout. Again, Take of the Flesh of a Kite in Powder one dram, Salt of Man's Skull a scruple, Filings of Elk-hoofs, and native Cinnabar, of each ten grains: mix these for a Dose, against the Epilepsie.

Kites-Blood (of the whole Kite) given in the same manner, as before mention'd, are prevalent against the same Diseases, so also is the volatile Salt and Oil made by distillation, as Oil and Salt of Man's Skull, which may be given from twelve or sixteen grains to a scruple, in any convenient Liquor.

Kites-Blood: Anoint the Forehead and Temples with it, and it eases Pains in the Head, and prevents strange and frightful Dreams, causes Sleep, and sets a fair Complexion

plexion on the Skin: Made up with Oil of St. John's-wort and Wormwood into an Unguent, it eases Pains in the Joints, and is good to anoint the Head and Stomach with, in case of the Falling-sickness.

Kites-Dung: Take of the Dung of a Kite, (the younger the better,) an ounce and half, Cast-phire in fine Powder two drams, common Soap as much as will suffice to make 'em into a Cataplasm. This applied hot, immediately eases the raging Pain of the Gout, inasmuch that several Persons of Note, who have been troubled with this afflicting Distemper, have caused Kites to be taken, either the young ones, or others, and kept them tame as charily as their Hawks, for no other purpose than for their Dung.

Kites-Grease: This is good to anoint old Sores and Swellings, also Pains and Aches; it supple the Joints, and resists the penetration of sudden Heats. Iron Instruments rubbed with it, and afterwards heated in the Fire, become very hard, and are rarely after subject to rust or decay, as some say.

Kites-Liver is good against the Gout and Epilepsie, and also Convulsions. Take of the Powder three drams, oil of Rosemary and Lavender, of each five drops; and make them up into one Dose.

Kites-Testicles: Take of

the Powder one dram, extract of Satyrion one dram and half; Powder of Vipers half a dram: mix them for a Dose, and for some time being taken it helps Barrenness, and causes Fruitfulness; 'tis exceeding good in Consumptions. To conclude, of a Creature so little taken notice of by most; few have better or more Virtues to do good in these kinds.

Anap-weed. its Virtue and Use: This Herb or Weed grows in Fields and Meadows about the Borders and Hedges; its Virtue is to stay Bleeding both at the Mouth and Nose, or any other outward part, and those Veins that are broken, or inward Wounds, as also the Fluxes of the Belly; it stays the distillations of thin and sharp Humours from the Head upon the Stomach and Lungs; it is good for those that are bruised by any Falls, Blows, or otherwise; it is very profitable for those that are bursten and troubled with Ruptures by drinking the Decoction of the Root and Herb in White-wine, and applying it outwardly to the griev'd Part; it is singular good in all running Sores, Cancers, and Fistula's, drying up the moisture, and healing them gently without sharpness; it is of special use for the soreness of the Throat, the Swelling of the Uvula and Jaws.

Anapwel: This grows in most Fields and Meadows, and

and about their Borders and Hedges, and in many waste Grounds. As for the time it flowereth, it is in June and July; and the Seed is soon after ripe.

This Herb stayeth the Flux at the Mouth, Nose, and other outward Parts, also those Veins that are inwardly broken, or inward Wounds, as also the Flux of the Belly: It stays the Distillation of thin and sharp Humours from the Head upon the Lungs and Stomach: It is good for those that are bruised by any Falls, Blows, or otherwise: It is very profitable for those that are Bursten, and have Ruptures, by boiling the Herb and Root in Wine, and drinking the liquid Decoction sweetned with Sugar, and applying the Herb and Roots so boiled as a Poultice to the griev'd Part: It is singular good in all running Sores, Cancers, and Fistula's, drying away the Moisture, and healing them up gently: It does the like to running Sores or Scabs on the Head or other Parts: It is of singular use for the soreness of the Throat, Swelling of the Uvula and Jaws, or to stay Bleeding, and heal up green Wounds.

Knees Swelled: Take a handful of Goats-Dung, and mix it with Barley-Meal, boil them in Vinegar and Water, till they become thick enough to spread as a Plaster, and

then apply them to the Swelling, often renewing. This Plaster will quickly assuage the Pain, and in time remove the Swelling. It is also good for Swellings occasion'd by Pains of the Gout, or the like, in any Part of the Body.

Bathe the Place affected first 3 or 4 several times very well with the Powers of Amber, which done, then anoint it with Balsam de Chili, dressing it twice a day; and let the Patient take every Night going to Bed; 2 Pills of my Cathartick Laudanum, and continue the use of these things till the Knee is well: But to facilitate the Cure, it will be good to let the Patient keep their Bed all the time, to prevent the falling down of Humors into the part: and once a Week they may purge with Sal Mirabile, taking it from half an ounce to an ounce (according to Age and Strength) dissolved in a draught or two of Broth, Water-Gruel or Possit-drink.

Knot-Grass: The common sort of this Grass (for there are divers sorts of Knot-Grass) has a Root hard, woody, and single, and many Fibres: It's of an astringent Taste, and has many Stalks sometimes standing upright, but oftner bending towards the Earth. The Seeds are pretty large, triangular, and of a dark Chestnut-colour.

It closes Wounds, and contributes towards their healing, as being drying and astringent.

Gent: It stops inwardly Fluxes, and outwardly the Bleeding of Wounds: The Juice of it allays Inflammations, especially of the Eyes. A noble Man that vomited Blood, and had used many other Medicines to no purpose, upon the using this, viz. the Juice, had his Flux of Blood stayed, which else perhaps had not ended but with his Life.

This kind of Grass springs up late in the Spring, and abides till Winter, when all the Branches perish: The Juice of it is excellent in stay-

ing Bleeding, being drank in steeked or red Wine: It stays Bleeding at the Nose, being applied to the Forehead and Temples, or squirted up the Nostrils. It's good also for the Bloody-Flux, stops the Courses: It is singular good to provoke Urine, and is helpful against the Dysury, Gravel, Biting of venomous Beasts, Rheums, Worms, Heat, Choler, Inflammations, Imposthumes, Gangreens, Fistula's, Ulcers, Cancers, and Wounds in the Ears, with many such like Distempers.

Lace, or Point: To Wash and Starch these, Put your Lace, or Point, on a Tent, and make a strong Lather with Spanish-Soap, usually called Castile-Soap, then with a small soft Brush dipt therein, rub your Point or Lace well, but with a light and gentle hand, for fear of fretting it; continue to wash it on both sides for four Lathers; then rinse it in Spring-water or Pump-water, which is all one; and after, pass it over on the wrong side very lightly with white Starch made as thin almost as Water, and follow it with your Brush, then suffer it to dry, and with

a round Bodkin, or Skewer, open the holes or parts that were closed in the washing, as also set in order the Gimp or Overlayings, if it be Point, not suffering it to ruckle; then with a moderate hot Iron, smooth it gently on the wrong side, and set it out to Advantage.

Lace of Silver, &c. To cleanse this when it is tarnished, first rub it over with burnt Whiting in Powder once or twice; then by dusting it clear from the Whiting, and having ready some Powder of burnt Alom, run it over with that finely sifted two or three times; and if the Silver upon the

the Lace be gilded, it will restore its faded lustre, and render it almost as fresh as at first; and so you may recover the lustre of any tarnished Plate, gilt or ungilt.

Ladies-Mantle is an excellent Wound-Herb, being hot, dry, and astringent; it stops Bleeding and Courses: The Leaves, the Tops, and the Roots, are given in Portions for Wounds with success; as also are the Pouders; the Plaisters and Ointments of it applied, are very good on that account. Rags dipped in the Decoction of it, and applied to a Woman's Breasts when they are lax, makes them round and solid. It agglutinates inward Wounds and Ruptures: And the Decoction of it, or the Powder of the dried Herb taken in the Decoction, or in the distilled Water, is excellent for curing Burstenness in Children.

Ladies-Smocks, the Conserve: Take this Herb (which is also called *Cuckoo-flower*) and Brooklime, of each two handfuls; shred them small and bruise 'em, and then boil them in a quart of fair Water till the greatest part of the Liquid is consumed: then mash them, and put to them an equal quantity of Sugar, and make them into a Conserve: *Take of it six ounces, White and Yellow Saunders in Powder, of each 3 drams; Salt of Worm-wood 2 drams; Syrup of Lemons, a sufficient*

quantity: mix and make an Electuary; and take to the quantity of a quarter of an ounce both Morning and Evening, and it is an excellent Remedy for the Scurvy, and for removing Scorbutick Humours, &c.

Lamb: This Metamorphosis may at first seem somewhat strange, though we can assure you it has been much in esteem, viz. to make Lamb of a Pig, in this manner: Take a fat Pig, scald him, and cut off the Head, slit him, and truss him up like a Lamb; then being slit through the middle, and flea'd, boil him a little while: then being draw'd with Parsley, as you do Lamb, roast it, and dridge it, and serve it up with Pepper, Butter and Sugar, and it will not be easily discern'd from Lamb.

Lamb-Pasty: Bone your Lamb, cut it four square, season it with Salt, beaten Pepper, Cloves, Mace, Nutmeg, and minc'd Thyme, lay in some Beef-suet and your Lamb thereupon, making a high border about it; then turning over your Sheet, close and bake your Pasty; when it is enough liquor it with Claret, Sugar, Vinegar, and the Yolks of Eggs beaten up together, if you would have your Sauce only savoury, and not sweet, let it be Gravy only, or the Baking of Bones in Claret-Wine.

Lamb.

Lamb-Pye to Season: Take a Quarter of Lamb, an ounce of beaten Cloves, and Mace; a quarter of an ounce of Pepper; a quarter of an ounce of whole Mace, a little Salt, half a pound of Currans, and one pound of Butrer.

Lamb-Stones Fry'd: Having parboil'd the Stones, put Butter into a Pan, mince the Stones small, and put them into it; then strain them with some Cream, Pepper and Cinnamon made small; grate in some Parmisan or Holland-Cheese, or old Cheshire-Cheese; and being strained, put them into the Pan again; and then being well fry'd, serve them up with Sugar, and Rose-water. And in this manner, without any variation, you may dress Calves or Kids-stones.

Lamb-Stone-Pye: Take six young Pidgeons, as many Chickens, truss them and bake them with six Ox-Palates well boiled and blanched, and cut into little pieces; take six Lamb-stones, and as many Sweetbreads of Veal cut in halves and parboil'd, twenty Cocks-combs boiled and blanched, the Bottoms of four Artichokes boiled, a quart of Stewing-Oysters parboil'd, the Marrow of four Bones season'd with Nutmeg, Pepper, Mace, and Salt; fill the Pye with the Ingredients, and mingle some Pistaches among them; grate in the Yolks of Eggs hard boiled, and covering all with

a thin leaf of Butter, close it up, and put into it a little fair Water at the hole in the Lid: being baked, drain out the Butter, and liquor it with Gravy and Butter beaten up with Lemon-pulp; or you may bake it in a Dish, cover'd with a Bisket-Lid.

Lamb to Souce: Bone your Side of Lamb first, soak it well in Water and Salt, wipe it dry, season it with Nutmeg, Ginger, and Sweet-Herbs shred small, Coriander-seeds, Lemon-peel, and Salt; lay broad slices of Lard over the Seasoning, then roul up into a Collar, and bind it up in a linen Cloth: boil it in Salt and Water, taking off the Scum, put in sliced Ginger, Nutmeg and Fennel, with Parsley-roots; and when it is almost boiled up put in a quart of White-wine; and being boiled, take it off, and put in slices of Lemon, the Peel of two Lemons, and twelve Bay-leaves; and keep it close in a convenient Vessel for your use. In this manner you may souce a Breast of Veal, Kid, Fawn, or Venison.

Lamb like Lenten: To order this that few shall discover it, Take Lamb, bone it, and dip it in the Blood of a Pig, or any other wholesome Blood; parboil it in small Beer and Vinegar, three parts of the first to one of the latter; let it stand all Night, then put in some Turnsole, and bake it with Claret, Butter, Pepper,

Pepper, Cloves, Mace, and some sprigs of Rosemary, and it will afford you an excellent Dish.

Lameness in the Limbs: This is many times occasion'd by sudden Colds, or Humours settling in particular Parts. To cure or remove it, Take of Oil of Spike and Earth-worms, of each an ounce; mix them well together, and bathe the afflicted part as hot as may be well endured.

If you would cure this effectually; especially if it seems to be a Rheumatism, you ought first to give the Patient of the Princes Poudre à gr. iij. ad vj. in a little Conserve of Roses, at Night going to Bed, and to repeat the same the next Night: then letting two Nights be between to repeat the same Dose for two Nights more; and again, letting two or three Nights be between, to repeat the same till eight Doses are taken; Secondly, to purge the Body with our Pilulæ Catharticæ, which may be repeated four several times; Thirdly, to bathe the Limbs Morning and Evening for ten days, with the Powers of Amber, and after that to apply the Balsam de Chili, so long till the Patient feels the pain and weakness to be perfectly gone: after this has been used fourteen or twenty Days, apply over the weak parts, Emplastrum Diapalma, which keep on as long as it will stick, renewing two or three times.

Lampreys, to Bake: Draw

and split your Lampreys, take out the Strings in the Back, flea them, and truss them round; then having parboil'd them, let them be season'd with Pepper, Nutmeg and Salt: place a laying of Butter at the bottom of the Pye, lay on the Lampreys with some sliced Onions, a few whole Cloves; and covering it with Butter, close it up: wash over the Lid with the Yolks of Eggs, and Beer or Saffron-water; and when it is baked, fill up the Pye with clarify'd Butter beat up with a little Red Wine.

The Italians bake them in this manner; viz. The Skin being taken off, season it with Nutmeg, Pepper, Salt, Cinnamon and Ginger; fill the Pye either with whole Lampreys, or those that are cut in convenient pieces, with the addition of Raisins, Currans, Prunes dried, Cherries and Dates; and covering it over with Butter, close it up; and being baked, liquor it with strained Almonds, Grapes, Raisins, Verjuice, Sugar, and Sweet-Herbs small chop'd, and boiled all together: then serve it up with Juice of Oranges, White-wine, Cinnamon, and the Blood of the Lampreys: Ice it, and serve it up pretty hot; or you may keep it cold, but not very long.

Lampreys in Patty-pans, Baked: Roast your Lamprey

(172)

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Lamprey very tender, basting it with Butter; and being roasted or cold, put it into the Pans with Plain or Puff-Paste, being first butter'd underneath; then season it with Pepper, Nutmeg, Ginger and Salt, Sweet-Herbs shred, Bisket-bread grated, slices of Lemon, Currans and Dates, and so close them up; and being baked; liquor them with Butter and White-wine, or Sack and Sugar.

Lamprey to Roil: Wash them, but take not out the Guts; then cut them in pieces about an Inch long, putting into a Pipkin twice as much

Seasoning the Liquor with Pep-

Relish best suits, lay a few Sippets in the Dish, and pour this Broth on the Fowls; garnish the Dish with Flowers, sliced Lemon, and Spices, and serve it up. And thus you may order Sea-Fowl with Green-Peas, or Lambs and Kids-Heads, only didging them over with the Yolks of hard-boiled Eggs.

Land-Fowl, to Carbo-nade: The Fowl being roasted, cut them up, and sprinkle them with Salt; then scotch and broil them, and make a Sauce with Vinegar, Butter, and the Juice of Oranges, garnish'd with slices of O-

Languishing of the Parts.

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(173)

as hard as a Stone, and then preserve it for use.

Larks to Roil: Truss them, and cut off their Legs and Heads; boil them (having put a little Parsley and Sage finely shred into their Bellies) in Mutton-Broth, or in Water season'd with a little Salt, that has been boil'd, and often scumm'd before you put 'em in: then boil up, when the Broth or Water is half consumed, large Mace, Dates, Marrow, Currans, Pepper and Salt; and being well stewed together, lay them on fine carved Sippets, and thicken the Broth with Almonds beaten and strained; add a little Rose-water and Sugar and garnish

strong Broth so much as will cover them, some boiled Household-bread strained, also Mace, Cloves, Pepper, Ginger, fried Onions, and Salt; stew them well, and serve them up on fine carved Sippets: and sometimes, for change, you may garnish with Lemons and Sweet-Herbs shred pretty small.

Larks to Roil: Take a dozen of Larks fresh and good, two Penny Manchets, one pound of Currans, a quarter of an ounce of Cinamon, one Nutmeg grated, a quarter of an ounce of Mace finely beaten, a quarter of a pint of Rose-water, three Eggs, and a little Salt; work all these together till they are very well mixed,

Gent: It stops inwardly Fluxes, and outwardly the Bleeding of Wounds: The Juice of it allays Inflammations, especially of the Eyes. A noble Man that vomited Blood, and had used many other Medicines to no purpose, upon the using this, viz. the Juice, had his Flux of Blood stayed, which else perhaps had not ended but with his Life.

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Lace of Silver, &c. To cleanse this when it is tarnished, first rub it over with burnt Whiting in Powder once or twice; then by dusting it clear from the Whiting, and having ready some Powder of burnt Alom, run it over with that finely sifted two or three times; and if the Silver upon the

the face be gilded, it will restore its faded lustre, and render it almost as fresh as at first; and so you may recover the lustre of any tarnished Plate, gilt or ungilt.

Ladies-Mantle is an excellent Wound-Herb, being hot, dry, and astringent; it stops Bleeding and Courses: The Leaves, the Tops, and the Roots, are given in Portions for Wounds with success; as also are the Pouders; the Plaisters and Ointments of it applied, are very good on that account. Rags dipped in the Decoction of it, and applied to a Woman's Breasts when they are lax, makes them round and solid. It agglutinates inward Wounds and Ruptures: And the Decoction of it, or the Ponder of the dried Herb taken in the Decoction, or in the distilled Water, is excellent for curing Bursenness in Children.

Ladies-Smoths, the Conserve: Take this Herb (which is also called *Cuckow-flower*) and Brooklime, of each two handfuls; shred them small and bruise 'em, and then boil them in a quart of fair Water till the greatest part of the Liquid is consumed: then mash them, and put to them an equal quantity of Sugar, and make them into a Conserve: *Take of it six ounces, White and Yellow Saunders in Powder, of each 3 drams; Salt of Worm-wood 2 drams; Syrup of Lemons, a sufficient*

quantity: mix and make an Electuary; and take to the quantity of a quarter of an ounce both Morning and Evening, and it is an excellent Remedy for the Scurvy, and for removing Scorbutick Humours, &c.

Lamb: This Metemorphosis may at first seem somewhat strange, though we can assure you it has been much in esteem, viz. to make Lamb of a Pig, in this manner: Take a fat Pig, scald him, and cut off the Head, slit him, and truss him up like a Lamb; then being slit through the middle, and flea'd, boil him a little while: then being draw'd with Parsley, as you do Lamb, roast it, and dridge it, and serve it up with Pepper, Butter and Sugar, and it will not be easily discern'd from Lamb.

Lamb-Pasty: Bone your Lamb, cut it four square, season it with Salt, beaten Pepper, Cloves, Mace, Nutmeg, and minc'd Thyme, lay in some Beef-suet and your Lamb thereupon, making a high border about it; then turning over your Sheet, close and bake your Pasty; when it is enough liquor it with Claret, Sugar, Vinegar, and the Yolks of Eggs beaten up together, if you would have your Sauce only savoury, and not sweet, let it be Gravy only, or the Baking of Bones in Claret-Wine.

Lamb-

Lamb-Pye to Season: Take a Quarter of Lamb, an ounce of beaten Cloves, and Mace; a quarter of an ounce of Pepper; a quarter of an ounce of whole Mace, a little Salt, half a pound of Currans, and one pound of Butter.

Lamb-Stones fry'd: Having parboil'd the Stones, put Butter into a Pan, mince the Stones small, and put them into it; then strain them with some Cream, Pepper and Cinnamon made small; grate in some Parmisan or Holland-Cheese, or old Cheshire-Cheese; and being strained, put them into the Pan again; and then being well fry'd, serve them up with Sugar, and Rose-water. And in this manner, without any variation, you may dress Calves, or Kids-stones.

Lamb-Stone-Pye: Take six young Pidgeons, as many Chickens, truss them and bake them with six Ox-Palates well boiled and blanched, and cut into little pieces; take six Lamb-Stones, and as many Sweetbreads of Veal cut in halves and parboil'd, twenty Cocks-combs boiled and blanched, the Bottoms of four Artichokes boiled, a quart of Stewing-Oysters parboil'd, the Marrow of four Bones season'd with Nutmeg, Pepper, Mace, and Salt; fill the Pye with the Ingredients, and mingle some Pistaches among them; grate in the Yolks of Eggs hard boiled, and covering all with

a thin leaf of Butter, close it up, and put into it a little fair Water at the hole in the Lid: being baked, drain out the Butter, and liquor it with Gravy and Butter beaten up with Lemon-pulp; or you may bake it in a Dish, cover'd with a Bisket-Lid.

Lamb to Souce: Bone your Side of Lamb first, soak it well in Water and Salt, wipe it dry, season it with Nutmeg, Ginger, and Sweet-Herbs shred small, Coriander-seeds, Lemon-peel, and Salt; lay broad slices of Lard over the Seasoning, then roul up into a Collar, and bind it up in a linen Cloth: boil it in Salt and Water, taking off the Scum, put in sliced Ginger, Nutmeg and Fennel, with Parsley-roots; and when it is almost boiled up put in a quart of White-wine; and being boiled, take it off, and put in slices of Lemon, the Peel of two Lemons, and twelve Bay-leaves; and keep it close in a convenient Vessel for your use. In this manner you may souce a Breast of Veal, Kid, Fawn, or Venison.

Lamb like Venison: To order this that few shall discover it, Take Lamb, bone it, and dip it in the Blood of a Pig, or any other wholsom Blood; parboil it in small Beer and Vinogar, three parts of the first to one of the latter; let it stand all Night, then put in some Turnsole, and bake it with Claret, Butter, Pepper,

Pepper, Cloves, Mace, and some sprigs of Rosemary, and it will afford you an excellent Dish.

Lameness in the Limbs: This is many times occasion'd by sudden Colds, or Humours settling in particular Parts. To cure or remove it, Take of Oil of Spike and Earth-worms, of each an ounce; mix them well together, and bathe the afflicted part as hot as may be well endured.

If you would cure this effectually, especially if it seems to be a Rheumatism, you ought first to give the Patient of the Princes Poudre à gr. iij. ad vj. in a little Conserve of Rosit, at Night going to Bed, and to repeat the same the next Night: then letting two Nights be between to repeat the same Dosis for two Nights more; and again, letting two or three Nights be between, to repeat the same till eight Doses are taken; Secondly, to purge the Body with our Pilule Cathartice, which may be repeated four several times; Thirdly, to bathe the Limbs Morning and Evening for ten days, with the Powers of Amber, and after that to apply the Balsam de Chili, so long till the Patient feels the pain and weakness to be perfectly gone: after this has been used fourteen or twenty Days, apply over the weak parts, Emplastrum Diapalma, which keep on as long as it will stick, renewing two or three times.

Lampreys, to Bake: Draw

and split your Lampreys, take out the Strings in the Back, flea them, and truss them round; then having parboil'd them, let them be season'd with Pepper, Nutmeg and Salt: place a laying of Butter at the bottom of the Pye, lay on the Lampreys with some sliced Onions, a few whole Cloves; and covering it with Butter, close it up: wash over the Lid with the Yolks of Eggs, and Beer or Saffron-water; and when it is baked, fill up the Pye with clarify'd Butter beat up with a little Red Wine.

The Italians bake them in this manner; viz. The Skin being taken off, season it with Nutmeg, Pepper, Salt, Cinnamon and Ginger; fill the Pye either with whole Lampreys, or those that are cut in convenient pieces, with the addition of Raisins, Currans, Prunes dried, Cherries and Dates; and covering it over with Butter, close it up; and being baked, liquor it with strained Almonds, Grapes, Raisins, Verjuice, Sugar, and Sweet-Herbs small chop'd, and boiled all together: then serve it up with Juice of Oranges, White-wine, Cinnamon, and the Blood of the Lampreys: Ice it, and serve it up pretty hot; or you may keep it cold, but not very long.

Lampreys in Patty-pans, Baked: Roast your Lamprey

Lamprey very tender, basting it with Butter; and being roasted or cold, put it into the Pans with Plain or Puff-Paste, being first butter'd underneath; then season it with Pepper, Nutmeg, Ginger and Salt, Sweet-Herbs shred, Bisket-bread grated, slices of Lemon, Currans and Dates, and so close them up; and being baked; liquor them with Butter and White-wine, or Sack and Sugar.

Lamprey to Boil: Wash them, but take not out the Guts; then cut them in pieces about an Inch long, putting into a Pipkin twice as much Water as will cover them, seasoning the Liquor with Pepper and Salt, thickening it with 3 or 4 Onions, a little grated Bread, a little Ale-Yeast; then shred a handful of Parsley, a little Winter-Savory and Thyme very small: let all boil till half the Broth be consumed; then put in half a pound of Sweet-Butter; give it a walm or two, and serve it up.

Land-Fowl Botted the French way: Take Green-Peafe, and put them into boiling Mutton-broth, with some thin slices of interlarded Bacon; and being near boiled, put in some Parsley and bruised Aniseeds; strain some of the Peafe, and thicken the Broth; then add Pepper, grated Cheese, Peafe or Flour, and sometimes Saffron or Mint, as your

Relish best suits, lay a few Sippets in the Dish, and pour this Broth on the Fowls; garnish the Dish with Flowers, sliced Lemon, and Spices, and serve it up. And thus you may order Sea-Fowl with Green-Peafe, or Lambs and Kids-Heads, only dridging them over with the Yolks of hard-boiled Eggs.

Land-Fowl, to Carbo-nade: The Fowl being roasted, cut them up, and sprinkle them with Salt; then scotch and broil them, and make a Sauce with Vinegar, Butter, and the Juice of Oranges, garnish'd with slices of Orange or Lemon.

Languishing of the Parts: Take half a pound of Licorice, bruise two ounces; White Sugar-candy four ounces; Jelly of Calves-feet two pound; Mace, Cinnamon and Nutmeg, of each a quarter of an ounce; White-wine a quart: boil them up to the thickness of a Jelly, and strain them through a Jelly-bag, and eat of it both Morning and Evening, at least five or six Spoonfuls at a time.

Lapis Medicamentalis: Take Hungarian Vitriol one pound, Salt of Nitre half a pound; Ceruss, Alom, Bals-amentan, Sandiver, of each four ounces; Sal Ammoniack two ounces; beat them all very carefully, and mix them with White-wine-Vinegar; then bake them in an earthen Pot, over a gentle fire, till they become

as hard as a Stone, and then preserve it for use.

Larks to Boil: Truss them, and cut off their Legs and Heads; boil them (having put a little Parsley and Sage finely shred into their Bellies) in Mutton-Broth, or in Water season'd with a little Salt, that has been boil'd, and often scumm'd before you put 'em in: then boil up, when the Broth or Water is half consumed, large Mace, Dates, Marrow, Currans, Pepper and Salt; and being well stewed together, lay them on fine carved Sippets, and thicken the Broth with Almonds beaten and strained; add a little Rose-water and Sugar, and garnish with Lemons sliced, Barberries pickled, Sugar, and grated Bread strewed about the Dish; and for Leer, strain grated Bread and hard Eggs beaten in Verjuice and some of the Broth. And thus you may boil and dish up all manner of small Birds well sauced, as Quails, Rails, Thrush, Black-birds, Snites Wheaters, Sparrows, Feldefers, Martins, Ruffs, Brews, Godwits, Knots, Dotterels, Pewits, Strenits, Ollines, Gravelens, Red-Shanks, &c. But as for the latter ten, this way is best approved by some Cooks; viz.

Let them be half roasted, and stick on one side a few Cloves as they roast; save the Gravy, and put them into a Pipkin with it, and a little Claret and

Strong Broth so much as will cover them, some boiled Household-bread strained, also Mace, Cloves, Pepper, Ginger, fried Onions, and Salt; stew them well, and serve them up on fine carved Sippets: and sometimes, for change, you may garnish with Lemons and Sweet-Herbs shred pretty small.

Lark-Pye: Take a dozen of Larks fresh and good, two Penny Manchets, one pound of Currans, a quarter of an ounce of Cinamon, one Nutmeg grated, a quarter of an ounce of Mace finely beaten, a quarter of a pint of Rose-water, three Eggs, and a little Salt; work all these together till they are very well mixed, and make the Mixture into Balls as big as Walnuts; put them into the Bellies of the Larks; then having plac'd them in order, put a pound of Butter and a Lemon sliced over them, half a pint of pickled Barberries, and half a pound of Citron, and Lemon candied; a quarter of a pound of Eringo-roots, and a quarter of an ounce of whole Mace: and when it is baked, put in Butter on the top of it, and serve it up.

Lark-Spurs: The Juice of the Flowers clear the Sight, and strengthen it: it is successfully used in Vulnerary Potions: the Decoction of the Flower in Wine, and drank with a dram of Saffron infused into it, removes Obstructions.

Larks:

Laxs : Take a dram of Rhubarb, Bawm, Mint, Pennyroyal, of each a pugil or little handful : boil them in Claret, or Red Wine, and drink of the Decoction two ounces at a time in the Morning fasting.

This is much better. Take Catechu, Jesuits-Bark, Crocus Martis Astringent, of each an ounce : make all into a fine Powder. Dose one dram Morning and Evening in a Glass of Tent : but this is to be observed, that the Body be beforehand cleansed by purging once or twice with Sal Mirabilis. Or you may after purging with the said Salt, stop the Flux by giving our Volatile Laudanum, or our Specifick Laudanum, every Night going to Bed, from 2 grains to 4, or 6, this will not fail of the desired end, if it be continued for some time.

Laudanum Specificum Nostrum : Take Theban Opium an ounce and half : dissolve it in Juice of Lemons 2 ounces mixed with Oil of Sulphur 1 dram : strain, inspissate, and evaporate to the thicknes of an Extract, to which add Oil of Nutmegs by expression one ounce ; Bezoar Mineral, Camphire, Catechu, Cochineal, Winter Cinnamon, Jesuits-Bark, Saffron, Virginian Snake-root, of each a dram and half ; Anodyne Sulphur of the Vitriol of Mars 3 drams ; Chymical Oils of Amber, Aniseeds, Cloves, Fennel, Juniper, Lavender, Lemons, Rosemary and Sassafras, of each half a scruple, or 15 drops : mix and make a mass for Pills.

It admirably comforts the Stomach and Bowels, and is found by experience to be good against all Fluxes of the Belly, as a Loosenes, Bloody flux, Lientery, Hepatick-flux, Vomiting, Bleeding at Nose, overflowing of the Terms, Spitting and Pissing of Blood, Catarrhs, and other defluxions of Humours : It strengthens the Internal Members, and is of good use against the Dropsie, Gout, Scurvy, Jaundice, Rheumatism, Fits of the Mother, Vapours, and other Diseases of the Womb ; as also all kinds of Fevers, whether intermitting, continual, or malign. Its Virtues are so great, that we cannot sufficiently set them forth : it provokes Sweat powerfully, and therefore is given in the Plague, Measles, Small-Pox, and other Epidemick Diseases ; as also in the most vehement Colick, and in all violent Pains in what part of the Body, and of what kind soever : It prevails against Coughs, Phthisicks, and Stone, whether in the Reins or Bladder. It cheers the Spirits Natural, Vital, and Animal, and fortifies them in all parts, giving Nature a sweet kind of rest and ease. It is also a secret in Curing a Gonorrhæa in Men, and the Whites in Women. Dose from 2 or 3 grains, to 6 or 8 going to Sleep.

Laudanum Catharticum Nostrum : Take Theban Opium (extracted with Juice of Lemons) one ounce and half, fine Aloes (extracted with fair Water) 8 ounces ; Resinous Scammony, Ginger, Licorice, all in fine Powder,

Powder, of each one ounce mix, and with Oil of Aniseeds, Cloves, Lemons, and Sassafras, of each 3 drams : mix and make a mass. It universally eases all pains, loosens the Belly being bound, purges gently, and strengthens the whole Body : It is a Medicine not enough to be valued, and almost infinitely beyond all these in the Quacks foolish Dispensatory. They are truly beholden to me for this rare Secret, their Worships never being Masters of any thing worth knowing before : and yet I have a great many other Secrets much exceeding this, in store, which it is not fit such a set of sapless, worthless, and ungrateful Fellows should ever come to the knowledge of : nor had they known this, had not the publick good extorted it from my Pen. This Medicine corroborates the more noble Bowels, corrects and expels corrupt and evil Humours, sweetly purging the Body, which it does by a very safe and pleasant operation : It eases Pains in any part, induces Sleep and Rest, stops Coughs and thin Catarrhs, and is good against Tertian and Quartan Agues, being given some Hours before the Fit. Dose from 10 grains to 1 scruple, or more at Bed-time.

Lawn-faded, to Recover : Take the Decoction of Vervein a quart, the Water that distils from the Vine when cut in the Spring-time, as the Sap is rising, half a pint ; the Roots of Primroses and Rosemary-flowers, a handful of

each steeped a day in a quart of New Milk : mix all these together, and steep the Lawns in the liquid part, being well strained from the grosser a Night : when they are next washed, they will thicken, and become fresh. And by this rule, Mullings, Lace, and Tiffany are recovered.

Laxation of Parts : You must spread Emplastrum Divinum upon soft Leather, and apply it to strengthen the Part weakened by the Sublaxation.

Leath to Make : Take a quarter of a pound of the best Jordan Almonds, blanch them and steep them in Water ten hours, or more ; then pound them in a Marble Mortar very small, then put them into a Pipkin or Skillet with a quart of Milk over the Fire, and let them boil half an hour, but continually stir it, for otherwise it may burn to : then strain out your Milk into another Skillet through a Hair-Strainer ; then put to it one ounce of Izing-glass, that had before been steep'd an hour and half in Milk, and with all a good quantity of Cinnamon, with some large Mace and Nutmeg quartered ; also a pound of fine white Sugar ; of Musk and Ambergise both together one grain ; then set it again on the Fire, and stir it continually till you take it off : when it is enough, put to it some Rose-water, and dish it up in a Bason.

Lead-

Lead-moist: This is good, bruised and applied to old Sores; also to kill Worms in the Flesh, by washing the Parts with the Juice of it.

Legs Ulcerated: To cure this, Take a quart of Spring-water, four ounces of White-Bread; add to it two ounces of Sheeps-suet cut very small; and having boiled it a little, add an ounce of Rosin finely powdered, and a quarter of an ounce of Flowers of Sulphur, spread them well mixed and tempered on Cloth or Leather, and lay it to the Part grieved, and it will give sudden Ease, and in time work a Cure.

If the Ulcer is inveterate or old, tho' it is of many Years standing, it will be infallibly cured, if you first wash it with Lemon-Juice two or three times; then wash it with the Water of the Griffin, washing it several times a day, and laying Linen Rags upon it, dipt in the same, often wetting them with the Water, as they lie upon the Ulcer. Or you may first dress it with Unguentum Fulcum Wurtziz, till it is perfectly Cleaned, and then heal it up, by daily washing it with the Water of the Griffin. Lastly, to skin the Sore, strew over the Ulcer this Powder: Take Catechu, Olibanum in fine Powder, of each half an ounce; Rosin one ounce; White Starch two ounces: mix them.

Leg of Mutton, to dress after the best manner, either Roast or Boiled in that way

they call *For'd*: Mince the Meat with Beef-suet or Bacon, Sweet - Herbs, Pepper, Salt, Cloves, Garlick, raw Eggs, Chestnuts: then with all these together fill the Skin of the Leg, out of which the Meat was taken in order to be minced: prick it up, and either boil or roast it, according to your Discretion: make Sauce with the remainder of the Meat, and other Ingredients that will not go into the Skin, and with Gravy serve it up: garnish the Dish with pickled Grapes or Barberries.

Leg of Veal, another way: Stuff the Veal with Beef-suet, Nutmeg and Salt; so boil it, and keep it scumming; put in some Salt, Parsley, and Fennel-roots, in a bundle bound up: then being almost boiled, take up some of the Broth in a Pipkin, put to it some Raisins of the Sun, Mace, and Gravy; stew them well, and let them be thickened, which is best done with grated Bread and the Yolks of hard boiled Eggs; and before you dish up your Broth, have Parsley, Marjoram, Thyme, Sorrel, Marigold-flowers, and Spinage stript or pick'd; bruise them with the back of your Ladle, give it a warm, and dish up your Leg of Veal on carved Sippets, and run it over with beaten Butter.

Leg of Went Saut'd: Bone it, and Lard it, but first season the Lard with Pepper, Cloves

Cloves and Mace, and the Veal with the same and a little Salt, and then strew minced Sweet-Herbs over it; roul it up like a Collar of Brawn: boil it or stew it in an Oven with Water, Salt, and White-wine: serve it in a Collar, whole or sliced; or fill it with Butter, the Liquor being put away, or bake it with Butter in a Roul: Jelly it, and mix some of the Broth with Almond-Milk and Jellies in slices of two Collars, and then serve it up.

Lemons: They are very Cooling; the Juice of them is taken with success in all hot Diseases: it likewise, if mixed with a little unslack'd Lime, cureth the Itch, cleanseth Spots, and destroyeth Worms in the outer-part of the Body, in the Nose, or parts of the Face or Breast, where they many times appear with their black Heads, even with the Skin like studs of Gun-powder: the Juice of them only takes away Pimples, and Redness in the Face: and if made into a Syrup with fine Sugar, it kills Worms in the Belly: it is given with success in all Fevers: if you steep Pearl in this Juice a considerable time, they will dissolve, or become as soft as Wax.

Lemon-Paste: Take Lemons that have plump and well-coloured Rinds, put them into Water, and in the boiling, shift them six times,

till they are tender; the first Water being season'd with a handful of Salt; then put them into a Wooden Vessel, but be sife not into any of Metal: beat them into a Pulp with a wooden Rouling-pin or Pestle, and strain them with very hard wringing, through a course linen Cloth: then take somewhat more than what they weigh, in fine Sugar, and boil up what you have squeez'd out of your Lemons with it to almost a Candy-height: then take it out, spread it pretty thin upon Plates, dry it in a gentle Oven or Stove, turn it, and cut it out into what Form you please.

Lemons to Pickle: First boil them in Water and Salt, and then put them into a Vessel fill'd up with White-wine.

Lenten-Tansie: Take Tansie, Fetherfew, Parsley, Violet-leaves; bruise them, and strain out the Juice into eight or ten Eggs well beaten; then stamp Almonds with the Spawn of a Pike or Carp. and strain them with the Crumbs of fine Manchet, Sugar and Rose-water, and fry it thin in sweet Butter, or put the Juice of the Herbs only strained with eight or ten Eggs; fry them in sweet Butter, and dish them up with Sugar; or you may put a little Flour and Rose-water to them.

Lepistole: Take crude Antimony well chosen and powdered

der'd, about one, two, or three scruples, Morning and Evening, according to your Age and Strength, in a Spoonful of the Syrup of Clovegilliflowers, or Elder-berries: this, if need require, may be continued four or five Months. So that if the first Dose prove beneficial, in cases not urgent, a scruple or half a dram may serve, nor need it be continued for so long a time.

Inwardly the Patient may take a Solution of Hungarian Vitriol, or Vitriol of Mars, in Wine, thus: Take good Vitriol in fine Powder, a pound and half; choise White-Port Wine 19 or 20 gallons: mix and dissolve: of this half a pint well sweetned with white Sugar, may be drunk Morning and Night, if the Stomach of the Patient can bear it, otherwise, but once a day: this quantity is full enough of inward Medicines to do the Cure.

Leprosie a Specifick: Take one ounce of Pomatum, the Flowers of Sulphur a dram, Sal Prunella half an ounce; mix them very well into an Ointment, and with it anoint the Part afflicted.

For an outward Application, there is scarce any thing of Vulgar use, equal to the Water of the Griffin, washing with it 3, 4, or 5 times a day: if after 20 or 30 days tryal, it is found not to be strong enough, you may anoint with this Ointment. Take Sheep-suet a pound; Oil-Olive a pound and half; Flowers of

Sulphur 8 ounces; White Precipitate 5 ounces: mix them, and anoint therewith twice a day. But because this is greasy, and not so fit for a Ladies use, we commend the following Wash which will not fail (by constant using of it). of doing the Cure. Take Damask-Rose-water a gallon; Powers of Mercury 16 ounces: mix them, and keep the mixture for use.

Lettuce: They are cooling to the Stomach, qualifie Cholera and Heat, dispose to Rest, and encrease Milk: they yield good Nourishment. In Phrenies, Madnes, and Burning Fevers, &c. let them be applied to the Temples, and the Coronal Suture, and Wrists; but it is better to dip double Rags in Lettuce-water wherein Sal Prunella has been dissolved, viz. half an ounce to half a pint of the Water.

Lettice-Stalks, to Candy: Boil them tender in Water; and then having boiled up your Sugar to a Candy, put them into it; let them boil therein, then take them out, and lay them a drying in a warm place; and so put them up in Boxes as a Sweetmeat, which much cools and moistens the Mouth. Being eaten when going to rest, they cause gentle slumbers. In this manner you may Candy Fenel-stalks, or any kind of Flower that is not extraordinary tender.

Lettuce-water: This is an

an exceeding Cooling Drink: it allays the Heat and Disturbances of the Brain occasion'd by hot Vapours, and disposes to Sleep. Eating the Herb boiled or raw, it qualifies the Heat of the Stomach, also the Effects of Cholera, and encreases Milk in Women, yielding good Nourishment; yet it ought not to be eaten too excessively: Being applied Poultrise to the Coronal Suture and Temples, and also the Wrists bound about with double Raggs dipp'd in Lettuce-water, wherein Sal Prunella has been dissolved viz. Half an ounce of the Salt to a pint of the Water, it proves exceeding helpful in Frenzies, Madnes, burning Fevers, and such-like Distempers, occasioned by violent Heats, or Fermentations.

Leveridge-Pudding: Boil a Hog's-Liver very dry, and being cold, grate it, taking as much grated Manchet as Liver, sift them through a fine Sieve or Cullender; season them with beaten Cloves, Mace, Cinamon and Nutmeg; you may, if you please, put in a little Ginger, but no Pepper; put then half a pound of Sugar, and a pound and half of Currans, half a pint of Rose-water, and three pound of Beef-suet, eight Yolks of Eggs, and but four Whites; put these in the small Guts of an Ox, or the great ones of a Hog clean washed, and be-

ware of breaking them in boiling; or you may do it in a fine Cloath sowed up narrow and long.

Lice to Kill: Take Hog-lard, Quicksilver, Sage, as much of each as is needful, and mix them together to a Salve, and anoint the afflicted place.

Crab-Lice: Take a roasted Apple, and take the Skin and Core from it, and beat it in a Mortar, with as much Quicksilver as will make it into an Ointment, and therewith dress the afflicted place.

Lice in Poultry: Take Pepper beaten small, mixing it with warm Water; wash your Poultry therein, and it will kill all sorts of Vermin.

Licorice is in Virtue, absterfiv, cleansing, and allayeth the bitterness of Humours, and therefore is very good for the heat of the Urine, being chewed especially whilst it's green or fresh; it allayeth Hunger and Thirst, and retaineth that Virtue many Days: The Juice of it held, when very thick, in the Mouth, and there suffer'd to melt, hath the same Effect. It is good for the Breast and Lungs: and is therefore successfully given to those that are short-winded, and breath with much difficulty, or such as are in Consumptions, or Pleurifies. The Juice asswages prickings, not only of the Arteries of the Lungs, but the Bladder also,

and does excellently relieve Thirst, as being tempered with moisture, and colder than our Nature. It is to be noted that the Root, in which consist all these properties, is much better being fresh taken out of the Ground, than when it dry; and is exceeding more pleasant in the Taste when used in Medicines.

Lignum Molucente: This is brought from the *Molucca* Islands in the *East-Indies*. This Wood is a great cause of Sleep. Taken inwardly or outwardly, it expels hot Poisons, being rasped and boiled in White-wine. It likewise remedies the Biting of any venomous Creature. Ten grains of the Powder of it being taken in Rose-water, cures Wounds made by poisoned Arrows; yet half a scruple of it is a Dose for the strongest Man. When it is used for Purging, the Party that takes it, must abstain from much eating: It purges Humours in general, but more particularly, gross, clammy, and melancholy Humours. It is good for quotidian Agues, and continual Fevers, for the iliack Passion, VVind-Colick, Dropsie, and Gravel; for Difficulty of making Urine, Pain of the Joints and Scirrhus, and the King's-Evil. It kills all sorts of Worms, and restores lost Appetite. Some use it against inveterate Head-aches, and the noises in the Head. The In-

dians keep it so choice, that they will scarce let a Stranger see it, though the greatest use they know of it is to catch Birds withal, by boiling it with Rice; and when the Birds have eaten of the Rice boiled with it, they fall down in a Sleep; and if they eat too much, they die. And if in taking it, it work too much, let the Party take a little of the Decoction of Rice, and it will qualifie it.

Lily of the Vallies: The Flowers and Leaves of this are held exceeding good for the Apoplexy, Falling-Sickness, Palsie, Giddiness, and other cold Diseases of the Brain. Take of the Conserve of these Lilies, six ounces; of the Powder of Male-Peony half an ounce, Man's Skull prepared in Powder three drams; the Seeds and Flowers of Male-Peony dried and powdered, of each two drams; Red Coral prepared, Pearl and white Amber, of each a dram; the Salt of Coral four scruples, the Syrup of the Flowers of Male-Peony, a sufficient quantity to make into an Elecuary. Take of this two drams Morning and Evening, against any of the before-mention'd Distempers; but especially in Fits of the Apoplexy, &c.

Lily-Water: This is distilled from white Garden-Lilies in a cold Still as you do Roses and other Simples. It is given with success to VVomen

men that have hard Labours, and to expel the After-birth. The Root of these Lilies are admirable in Cataplasms to assuage Pains and ripen Tumours: The Oil extracted from them, has not only the same, but a more powerful Virtue. VVe find in several noted Authors, that they have mainly contributed to the Cure of divers troubled with the Dropsie, viz. The Juice mixed with Barly-Flower, and made into Bread, and eaten with their usual Diet, Thirty or Forty Days together.

Limbs to Comfort: Apply to the Part grieved a Plaster of Oxycrocium made in this manner: Take two ounces and a half of Saffron, Ship-pitch, Colophony, and yellow VVax, of each four ounces: Galbanum, Turpentine and Ammoniacum, Myrrh, Olibanum, and Mastick, of each one ounce and three drams: to the melted VVax, add the Pitch cleansed from the Drofs and strained, next to that the Colophony: These being melted, take them from the Fire, and let them cool a little; then add the Ammoniacum and Galbanum dissolved apart in Vinegar, and strained, and boiled to the consumption of the Vinegar, and mixed with the Turpentine; then sprinkle in the Olibanum, Myrrh, and Mastick, in very fine Powder; and in conclusion, the Saffron finely powdered and well mix-

ed, and so make it into a Plaster.

This comforts and strengthens the Limbs, and is an excellent Emollient for Aches, and to discuss cold Tumours, or any cold Humours settled in the Joints, or afflicting the Nerves and Sinews, and consequently a very good Gout-Plaster.

Limbs, a strengthening Plaster: Take Red Lead powdered one pound, Cerusse prepared half a pound, Soap ten ounces, common Olive-Oil a quart, Rose-water nine ounces: boil them according to Art, till they become thick enough to spread on a Plaster.

This is very highly commended for strengthening the Ligaments, and the Matrix, being spread upon a round piece of Leather, and applied; it also strengthens the Backs of Women near Travel, and eases the Pains that frequently afflict them on that score.

It is also a famous thing, and a Specifick in the Gout, which it cures and cures to a miracle.

Wine-Tree: The Leaves and Bark of this Tree repel, dry and provoke Urine: A Mucilage made of the Bark, is good in Burns and Wounds. The Leaves bruised and sprinkled with Water, discuss Swellings in the Feet. The Flowers are cephalick, and of a very fragrant Scent. The distilled Water is much in esteem for the Apoplexy, Falling-

Sickness, and Giddiness; the Dose being from an ounce to an ounce and a half. It is likewise a great Beautifier of the Face; and drank with Water of Camomile it cures the Gripes. The Berries dried till reduced to Powder, are much commended for the Bloody-flux, and other Fluxes of the Belly. Being mixed with Vinegar, and put up the Nostrils, the Bleeding at the Nose stayed.

Lime-Water, to Make, Take a pound of clean quick Lime, slack it in a gallon of warm Water, and let it stand till all that will subside be settled to the bottom; and separation being made, the Water swim clear at top, at which time it will often happen, that a kind of thin and brittle substance, almost like Ice, will cover the surface of the Liquor: As soon as the Water is thus impregnated, delay not to pour it off warily, and keep it well stopped. This is useful on divers occasions, as to wash Sores, supple Pains and Aches, cure the Tooth-ach, the Mouth being washed with it and a little Honey.

If it be designed for Consumptions, or Obstructions, it must be made thus: Take a gallon of Lime-water made as the former, infuse in it cold Sassafras, Licorice, and Aniseeds, of each an ounce: adding thereto half a pound of Currans, or the like quan-

tity of Raisins of the Sun stoned. The Dose of this compound Lime-water, is from four or five ounces, and may be taken twice a Day.

Limonade: To make this, scrape the Lemon-peel as much as you think fit, into Water and Sugar, and add a few drops of the Essence of Sulphur, with some slices of Lemon, observing always to put half a pound of Sugar to a pint of Water. This is very wholesome for the Stomach, creates Appetite, and good Digestion, and is a very pleasant cooling Liquor; and in case of the Distemper, call'd *Furor Uterinus*. Take the Feathers of a Partridge, burn them for a considerable time under the Party's Nose, so that the Fume may ascend the Nostrils, and drink a quart of a pint of this Limonade after it.

The true way of making Limonade is with Lime-Juice thus. Take Spring-Water two quarts, Lime-Juice a pint, or near upon, double refined Sugar a pound, or pound and half, according as you love it in sweetness: mix and dissolve the Sugar, and it is done.

Liniments for Hemorrhoids: Take of the Flower of Sulphur two drams, Oil of Eggs half an ounce, Oil of Roses one ounce, mingle them for the Liniment for application. Or,

Take of the Oil of Linseed, the

the Pulp of an Onion well baked or roasted in Embers, of each two ounces; white Wax half an ounce: of these make a Liniment. Or,

Take Hog-Lice, and mash them, the Ointment of Poplar, of each an ounce; Extract of Opium half a dram: mix them, and make them up into a Liniment. All these are very proper to assuage the Swelling and Pains of the Hemorrhoids, and other violent hot Swellings, occasioned by infectious Humours.

The Piles or Hemorrhoids are cured with this Liniment, if broken. Take Mercurius Dulcis in fine Powder, or White Precipitate an ounce; Flowers of Sulphur an ounce and half; Saccharum Saturni 2 ounces; Oil of Bitter Almonds 8 ounces; Sheep's Suet 4 ounces. Melt and mix, and anoint therewith twice a day, or oftner. If they are not broken, this is one of the best things in the World. Take Oil of Ben half an ounce; Oil of Amber one ounce, mix them, and anoint therewith three or four times a day.

Liniment to prevent Scars of the Small-Pox: Take Litharge of Gold prepared, and well washed in Rose-water, of each one ounce; Oil of the four great Seeds cleansed, bitter Almonds, and Eggs, of each half an ounce; Nightshade and Plantain-Water, as much as is sufficient.

This is a more Excellent Medi-

cine for the same purpose. Take Oil of Ben, White Spiritum Celli, Saccharum Saturni, of each 2 ounces: mix and make an Ointment or Liniment, with which anoint; then lay over it Emplastrum Diapalma spread upon Linnen Cloth; but this Emplaster is not to be laid on till all the Scabs are fallen off.

This Liniment is a great restorer of Beauty.

Liniment for the Sciatika: Take three new whelped Puppies, Earth-Worms one pound, Leaves of Rosemary, Laurel, Lavender, Mother of Thyme, and St. John's-Wort, of each a handful: boil them in common Oil and Red Wine, then strain and press them strongly out, and to the Liquor add of yellow Wax and Goose-grease, of each ten ounces.

Or thus. Take Sheep's-Suet, Oil of Olive, of each a pound; Chymical Oils of Amber, Aniseeds, Citraway, Juniper-berries, Lavender, and Lemon, of each an ounce and half; Oil of Turpentine 7 ounces; Turpentine 8 ounces: Mix and make an Ointment, or Liniment.

This Liniment is much praised and commended for its excellent Virtue in easing the Pains of the Sciatika, and all sorts of Rheumatisms and Gouts.

Liniment for Tetters: Take White Precipitate, and green Vitriol, of each one ounce; Verdigrise and Borax, of each two drams; Juice of red Dock

two ounces; Hags-grease, and new Butter, of each four ounces; pressed Oil of Henbane one ounce.

This Liniment is excellent to cure Tetters, Ring-worms, or any other Sores.

To wash with the Water of the Griffin, cures Ring-worms and Tetters infallibly; so also this mixture. Take fair Water 8 ounces; Powers of Mercury one ounce, mix them; with which you may wash three or four times a day. This Ointment is very good likewise for the same purposes. Take White Precipitate, Cinnaber finely ground, of each one ounce; Flowers of Sulphur 3 ounces; Oil-Olive 6 ounces, mix'd with Oil of Tartar per deliquium one ounce; Turpentine 3 ounces: mix them well together.

Liniment to stay Blomting: Take of the Oil of Ben, Queen of Hungary's Water, of each half an ounce; distilled Oil of Wormwood one dram, select Mastick finely powdered four drams, mix them and make a Liniment.

This being anointed hot on the Stomach, immediately stays Vomiting, and eases the Defects of the Stomach, removing the Causes that force violent Vomitings and Strainings.

Linksto Make: Take the Filler of a Leg of Pork, and cut it Dice fashion, season the Meat with Mace, Cloves and Pepper finely beaten; mince a handful of Sage, mix it with a handful of Salt, and put it

to them; hang the Guts in the Air till the moisture is a little taken out of them, then fill them, and hang them; up a drying again; and when you spend them, boil, fry, or roast them as you please: They also make a good Dish, stewed with divers kinds of Meat.

Linen Scorched: To recover this Accident, if it be not gone too far, Take two ounces of Fulling-Earth, half a pint of White-wine-Vinegar, half an ounce of Castile-Soap, half an ounce of Hens-dung, and with two Onions quartered, boil them in a quart of fair Water, till it begins to be thick; then let it cool, and being in a kind of a Jelly by putting in a little White Starch, spread it on the Place so scorched; and if it be but lightly done, it will soon recover it so, that in a wash or two, no marks of the Fire will remain.

Linen Stained: Take two ounces of Castile-Soap, boil it to a Jelly in a quart of Milk, keeping it from any thick curdlings; then if your Linen has been stained by Fruit, or the like, spread it on as you do Fulling-earth, and suffer it to lie on all Night; and that being taken off, wet the Place with the Juice of Lemon; and in a washing or two the Stains will disappear.

Lips Chap'd: Take Mutton-Suet 6 ounces, White-Wax 3 ounces: Oil of Ben, or of Sweet

Almonds

Almonds 9 ounces: mix and make an Ointment, and with it anoint the Lip; or for want of these, take Lithrage of Silver, two drams beaten fine; and then with Wax, Honey, and Oil-Olive, make them into an Ointment over a gentle Fire; and having rubbed your Lips over with your Tongue to supple them, put this Ointment on a Linen-Rag, and lay it on your Lips when you go to Bed, and in the Morning you will find them reduced to a smoothness, or at least in twice applying it. This may serve for the Hands, Arms, Knees, or any other Parts appertaining to the Body.

Or thus. Take Sheeps-suet, White-Wax, of each 3 ounces; Oil of Ben 4 ounces; Saccharum Saturni, pure White Sperma Ceti of each 2 ounces: mix and make an Ointment. It will not fail to cure Chaps on the Lips, Nose, Nipples of Womens Breasts, Hand, Finger, or Fundament: It is also an excellent thing against the Piles, whether whole, or broken.

Liquid-Amber: This is the Rosin that flows from a Tree that has Leaves like those of Ivy: It is much used in Physick, it heats and strengthens, resolves, and is Anodyne; it comforts the Brain, the Head being anointed with it; it cures all sorts of Pains proceeding from cold Causes. It provokes Appetite, strengthens the Stomach, and helps

Concoction. It likewise gives Gloves a very fragrant Scent: It resolves Tumours, and opens Obstructions of the Womb, asswaging the Tumours of it. It is good to provoke the Courses. Some cut the Wood of the Tree from which it flows into small pieces, and boil it, and take off the Fat that arises from it, and sell it for the true Oil. Some Apothecaries sell that for, Liquid-Storax, when indeed it has little or nothing of the Virtue of the Liquid-Amber, or Storax.

Liquor for Ulcers: Take the green Bark of Oak, bruise it well, and upon it pour good Lime-water, which before you are directed to make, and let the Infusion continue till the Liquor has acquired a deep Tincture, and with this wash any Ulcers, or old Sores, Bruises, or Wounds, if need require it, twice a Day.

For any Old Ulcer, I commend the Liquor or Water of the Griffin, as a most famous thing: I have cured Ulcers in the Legs and Feet, (the most depending parts of the whole Body) beyond all expectation, even after 12, 16, 20, yea, 30 Years being sore, and after all other means they could meet with in all that time, had been tried in vain: In these cases, I commonly wash the Ulcer 2 or 3 times with the Juice, or, for want of it, with Juice of Lemons: then wash it with the Water of the Griffin,

Griffin, and lay Linen-Cloths 8 or 10 times double dipt in the same, and as the Cloth dries, keep it moist with the Liquor all the day long: by following this course, I have in a few days restored my Patient to Health, and have performed hundreds of Cures with this Medicine, after this manner.

Liquor of the Griffins: Take Corrosive sublimate 4 ounces powder it and dissolve it in 2 gallons of Boiling-water: then precipitate with Oil of Tartar per deliquium 6 ounces: or rather with Salt of Tartar 4 ounces, dissolved in a quart of fair Water; let the Orange Tawney precipitate settle; and decant the clear Water, which is the Water of the Griffin. See Pharm. Lond. lib. 3. cap. 7. sect. 31.

Liver Cooled: Take two Gallons of Whey new made, and boil therein Fennel-roots a pound and half, their Piths taken out; bruise the Roots, with Senna, Borrage, Bugloss, Violet-Leaves, Endive, Sorrel, Agrimony, Scurvygrass, Watercress, and Cinquefoil, of each a handful; Licorice six drams, Fennel-seed an ounce; Cloves, Mace, Cinnamon, and Juniper-Berries, of each two drams: boil these in the Whey till one half be consumed; then strain out the Liquid part into an earthen Vessel: being cool, bottle it up, and drink it as you find occasion. It

mainly fortifies the Stomach, and helps Digestion.

Liver Obstructed: Take Lavender-Cotton, when flower'd, a handful; boil them in a pint of White-wine, sweeten it with white Sugar-Candy, and drink a quarter of a pint of the Decoction Morning and Evening, as hot as may be. It likewise removes Obstructions in the Kidneys and Ureters, is helpful in the Jaundice, and kills Worms.

The Leaves and Flowers are also good to lay among Cloaths, not only to give them a good Scent, but to preserve them from sustaining any Injury by Moths and Worms.

For Obstructions of the Liver and Spleen, Cachexia and Green-sickness in Virgins, there is nothing equal to our Pulvis Cachecticus, which may be given a dram at a time Morning and Evening for 14, 16, or 20 days: It many times cures in a few nights time, and sometimes in less: I have cured Virgins afflicted with the Green-sickness, for two or three Years together, and given over as incurable by several Physicians, by the only use of this Medicine: for which Disease alone, it is worth its weight in Gold. You may see how to make it in our Pharmacopœia Chirurgica, in our Ars Chirurgica, lib. 1. cap. 68. sect. 4. where you will find much satisfaction.

Liverwort: This is an excellent

cellent Herb for removing the Obstructions of the Liver, and Stoppages in the Bladder and Ureters, by drinking the Decoction of it in Whitewine. It is helpful likewise in the Jaundice: and by outward Bathings, it cures the Itch and Gonorrhœa; and the bruised Herb applied, stops the Blood in Wounds.

Lobster Boil'd: Being boil'd, though but indifferently, lay them on a Gridiron, or roast them against the Fire, keeping them basted with Vinegar and Butter, and if you like it best, with Butter alone; and being leisurely done, serve them up with sliced Lemon, Nutmeg, and Butter and Vinegar beat up thick.

Lobster Fry'd: Take but the Meat of a boil'd Lobster, slice it long ways, and flower it; fry it in sweet Butter, that it may be crisp and white, or put it in Batter of Eggs, Flour, Salt, and Cream, roll it in this and fry it: then make a Sauce with the Juice of Oranges, Claret, and grated Nutmeg; beat them up thick with sweet Butter, rub the Dish over with a Shalot or an Onion; and having garnish'd it with slices of Oranges or Lemons, pour on the Sauce, and then serve it up to the Table.

Lobster Wash'd: Take off the Shells when the Lobsters are newly boil'd, mince the Meat very small, and put it

into an earthen Pot or Pipkin with as much Claret-wine as will near cover it; then add Salt, sweet Butter, grated Nutmeg, sliced Oranges, and a few Pistaches; and when it is very well stewed, serve it up on Sippets, being run over with bearen Butter, and garnish'd with sliced Oranges, some cuts of Paste, or Lozenges of Puff-paste.

Lobsters Jelly'd: Take a Tench, draw him at the Gills; then put it into as much Water as will conveniently boil it; season it with Salt, Wine-vinegar, and five or six Bay-leaves; large Mace, three or four whole Cloves, and a bundle of sweet Herbs: and the Fish being boiled, take it up, and rub off the Scales, then strain the Liquor through a Jelly-bag, and put to it a piece of Ising-glass wash'd and steep'd, for that purpose, in fair Water, and boil it very cleanly, and run it through the Jelly-bag: and then your Lobsters being taken out of the Shells, lay them in a large clean Dish in slices, and run this Jelly over them. You may, for variety's sake, make this Jelly of divers Colours, by putting to it Saunders, Turmeric, Turnsole, or any such like Colours.

Garnish the Dish with Lemon-peel cut in branches or long slices, Barberries, and fine coloured Flowers. Thus you may Jelly Craw-fish and

and Prawns: but they must be laid in the Dish whole, when the shells are taken off.

Lobsters Martinated: To do this, Take them out of the Shells when they are parboil'd, lard the Tails with a salt Eel being parted in halves the longest way of the Eel; fry them in clarify'd Butter, or Olive-Oil, and when they are enough, put them into a Dish or Pipkin, and make a Sauce with Wine-vinegar, White-wine, three or four sliced Nutmegs, and as many blades of large Mace, some sliced Ginger, and ten or twelve Cloves, with two drams of whole Pepper, and some Salt: put into this Sauce Winter-savoury, Thyme, Rosemary, Sweet-Marjoram, Bay-leaves, Sage and Parsley; then slice three or four Lemons: dish up the Lobsters, and pour these on finely shred; and garnishing it over with some of the Oil or Butter they were fryed with, serve them up pretty hot.

Lobster Pickled: Boil the Lobster in Vinegar, White-wine and Salt, then take them up; and having Bay-leaves and Rosemary-tops, Savory, Tyme, large Mace, and whole Pepper, boil them in some of the Liquor the Lobster was boil'd in; in the middle of the boiling put in whole Cloves, then place the Lobsters in a Barrel, and put the Liquor to them, with the Herbs and Spice, and some Lemon-

peel. In this manner you may keep them a long time, and send them sweet to any part of England; which otherwise cannot be done: and when you serve them up, do it with Spices, Peel, Herbs, and some of the Liquor.

Lobster-Pye: Take four boiled Lobsters, and a fat raw Conger, cut some of it into square pieces as broad as may be: then take the Meat of the Lobsters, and slice the Tails in two halves lengthways, as also the Claws, and season both with Nutmeg, Pepper and Salt; then put Butter pretty thickly laid in the bottom of your Pye, and lay on the slices of Conger, and then a layer of Lobster; thus lay three or four layings till the Pye be full; then scatter some whole Cloves, Butter and White-wine, or only clarify'd Butter.

If you design to eat it hot, season it lightly; and being baked, season it with Butter, Whitewine, sliced Lemon, Gooseberries, green Grapes, or Barberries, and so garnish it with slices of Lemon, some Red Beet-roots sliced, or Red Cabbage-leaves finely cut into Flowers, &c.

Lobsters, Crabs, or Crabs to Butter: Take out their Meat and mince it small, and set it over a Chafindish of Coals with a little White-wine, a little Salt, and a Blade of Mace; and when it is very hot,

hot, put in some Butter and some Crumbs of White-bread, then warm the Shells against the Fire, and fill them again with their Meat, and so serve them in: You may do Shrimps or Prawns thus, only you must not put them into their Shells again, but garnish your Dish with them.

Lobster Roasted: Take your Lobsters, and half boil them, then take the Meat out of the Shells, lard the Meat of the Claws, Tail and Legs, with a fat Salt Eel; then spit this Meat with some Salt Eel on a small Spit with Sage or Bay-leaves between every piece, stick on the Fish some Cloves with some Sprigs of Rosemary: let the Barrel of the Lobster be roasted whole, basting them with sweet Butter; let your Sauce be made of Claret-Wine, the Gravy of the Fish, Juice of Orange, Anchovies, with some Butter and Nutmeg beaten up thick.

Lobster Stew'd: Take the Vinegar of Claret, Nutmeg, Salt and Butter, stew your Lobster somewhat dry, dish it in a convenient Dish, and running over with Butter, garnish it with sliced Lemon; or you may cut it into the fashion of Dice, and warm it with White-wine and Butter, put it into a Pipkin with Claret-wine, or Grape-verjuice, and grated Mancher, and so fill a Scollop-shell, or other convenient thing with it, and serve

it up garnished with Saphire.

Loches Drop't: The sign of these, are a Swelling of the Belly, a heavy Pain in the lower Parts, the Loins and Groin, Redness of Face, Difficulty of Breathing, and the like. To remedy which, apply the Hysterical Plaster to the Navel; then take this Electuary, viz. Conserve of Romanwood, and Rhue, of each one ounce; Myrrh two drams, Castoreum and English Saffron, Volatile Salt of Amber, Sal Arminiack, and Assa Fetida, of each half a dram: make these with Syrup of Violets into an Electuary, and take to the bigness of a Nutmeg every four hours. Then Take of Rhue-water four ounces, compound Briony-water two ounces, Sugar-candy as much as will sweeten it for a Julap, and let the Party take her rest after the taking what is prescrib'd, and the Effect will, no doubt, answer her Expectation.

If it is the Courses stop't, first purge the Body very well with Elixir Proprietatis, giving a spoonful of it at a time in the Morning fasting, and in a good Glass of White-Port-Wine, or in Ale for such as cannot afford Wine: Let it be given 10 days before the time expected: and every Night going to Bed, give a spoonful of the Syrup of Steel, or Black Tincture thereof in a Glass of Wine or Ale, and continue the use thereof till the expected time is come, and still three

or four days past the expected time: These Medicines scarcely ever fail of performing the Work at the first Essay: but if the Obstruction is inveterate and obdurate, or has been of long standing, and that at this first attempt, it should not be perform'd, you must give over the Medicines for a season, till within twelve days of the expected time again, and then repeat over all the before directed Course again, and then you will rarely find it so fail. For this you must note, that Obstructions of this kind when they have been of many Months standing, are very difficult to remove, much more when they have been two or three Years continuance in this case nothing but patience, and a constant continuance of the use of the means directed, will do. And what we have here prescribed to bring down the Courses being stop'd, will certainly provoke the Laches, let the suppression come from what cause soever, but in this last case of the Laches suppress'd, the less of the Elixir Proprietatis may be given.

Loin of Veal to Bake: If you put it into the Oven with the Bones, joint them very well, season it with Salt, Nutmeg and Pepper, and put it into your Pye: put Butter to it, and close it up, being sure always to have a well-season'd strong Crust, liquor it with sweet Butter. In this manner you may bake a Breast of Veal in either Pye or Pasty, also a Rack or Shoulder

stuff'd with sweet Herbs and Beef-suet.

Looseness: To stay it, boil a convenient quantity of Cork in Spring-water till the Liquor taste strong of it; then sweeten it, and drink a pint at a time, and in two or three times so drinking he will find the effects of it. Or, drink in the Morning fasting a moderate Draught of your own Urine.

Purge first with Sal Mirabile two or three times, if the Body of the Patient will bear it: if not, then only once or twice: this done, give 2 or 3 grains or more, (if the violence of the Disease requires it) of our Volatile or Specifick Laudanum, every Night going to Bed, which is to be continued, so long as the Disease requires, or till the Patient is perfectly recovered, which will be in a few days.

Lozenges of Flowers: Make a good Syrup of Sugar, then take the Blossoms or Flowers that are wholesom, of what sort you please, shred 'em small, and beat them in a wooden Mortar, and put in as many as upon boiling up will colour the Syrup of the proper Colour of the Flower: then boil it with stirring till it may be taken clean from the bottom of the Pan, and so thick that it will scarce drop out of the Spoon: then pour it on a wet Plate, and wetting your Knife or Spatula, spread it abroad to the thinness of a Crown-piece: then cut it like Diamonds, or in what fashion you

you please; and as the Virtue of the Flower is, and the Virtues of divers Flowers treated of in this Book, so will the Lozenges be available.

Lumber-Pye: Take grate Bread, Cloves and Mace finely beaten, Beef-suet cut small into square pieces, then Veal or Capon minced small, with Suet and Sweet Herbs, Salt, Sugar, and the hard-boiled Yolks of six Eggs, and about half a pint of Cream; work them up in the Cauls of Veal like Sausages, then put them into a Dish, and bake them to a half, and so your Pye being ready, and dried in an Oven, put them into it, and some Butter, Verjuice, Sugar, Dates, large Mace, and Grapes, or Barberries and Marrow; and when it is baked, scrape over some Sugar, and serve it up.

Lumber-Pye, to Season: Take any cold Meat (Beef or Pork excepted,) shred a pound of Beef-suet to every pound of Meat; then put to them two Nutmegs grated, half an ounce of Cloves and Mace finely beaten, a quarter of an ounce of beaten Ginger, and the usual sweet Herbs shred very small; then work them up together (the Meat being likewise minced small) with a little Salt, and six Eggs, into Balls as big as Pullets-Eggs, and put into the Pye one pound of Currans, one pound of Raisins, and a quarter of a pound of Dates sliced, and close up all

with a pound of Butter conveniently dispers'd among the Ingredients. And if you will have it finer, make this Caudle and put into it; A quarter of a pound of Sugar, a quarter of a pint of Canary, half a quarter of Verjuice, the Yolks of three Eggs, and about a quarter of a pound of Butter; boil them up to a thickness with a little Mace, and put it hot into the Pye, when it is about to be served up to the Table.

Lump or Ling-Pye: Take and fley them, and split it in two, then season it with Nutmeg, Pepper and Salt, and lay it into a Coffin, and on it lay some Bay-leaves, large Mace, an Onion sliced, Gooseberries, Grapes, Barberries and Butter: close it up, and when it is baked, liquor it with drawn Butter: you may bake it thus in a Dish or Pasty-Pan.

Lunacy: This is a Distemper first seated in the Blood, and then afflicting the Brain. When the Symptoms of it first begin to appear, by extraordinary Flushing and Heat, and the Party talks wildly, let Blood but not too much, fourteen ounces is sufficient: Then take a quarter of an ounce of Rhubarb thin sliced, Angelica-roots an ounce, a sprig or two of Savine; boil these in a quart of Spring-water till it be consum'd to a pint, and let it be drank luke-warm at two Draughts, an hours time between each Draught, sweetned with Sugar,

gar, and the Party put into Bed, and a warm Caudle, or else some strengthening Broth provided and sup'd up about an hour afterward: by a gentle breathing Sweat the afflicting Humour will be dispers'd, and by degrees evaporate.

First give a Vomit once or twice, or thrice if you so please of 3, 4, 5, or 6 grains of Tartar Pineticum, giving the Vomit every other, or every third day: this done, purge three or four times with the Infusion of Sena; and if you perceive that the Lunacy goes not off, you must then purge once a Week with the Pilulæ Lunares, the Preparation of which you may see in our Pharmacopœia Bateana, lib. 1. cap. 10. sect. 53. As also in our Pharmacopœia Chirurgica, in our Ars Chirurgica lib. 1. cap. 64. sect. 21. under the Title of Vitriolum Lunæ: but in the Intervals of taking the Pilulæ Lunares, you ought to give every Night going to Bed, a small Pill either of our Laudanum Specificum, or Dr. Gardners Laudanum Samech, which are Medicines never enough to be commended.

Lungs Stopt: Take the Leaves and Seeds of Marsh-mallows, and boil them in Milk or Wine with Aniseeds and bruised Licorice, and let the Party drink half a pint pretty warm in the Morning fasting.

If the Stoppage is great, you must be speedy in what you give, because of the danger, the only

thing is Spirit of Harts-horn or Sal Armoniack, which may be given from a dram to two drams, in a Glass of Milk-water, or some other fit Vehicle; this destroys the acid, dissolves the conglutated Juices in the Lungs, and being taken for some few times, quickly restores the Circulation of the Blood.

Lungs Inflamed: Take Red Poppy-flowers a quarter of a peck, infuse them in Spring-water very hot, but not boiling-hot, and let them stand twenty four hours, then wring them out: infuse the like quantity of fresh Flowers, and having well press'd them after a convenient standing, boil up the Liquor in a Bath, till with its equal weight of Sugar it is made into a Syrup.

Half an ounce at a time is a sufficient Dose, and being exceeding Cooling, it not only helps the Inflammation of the Lungs, but also Pleurisy, and is good in most Heats, or hot Diseases, easing Pains in the Head, and causing rest.

The only thing you can give in this case, is our Spiritus Apocriens, or Spiritus Anticolicus, which being daily and constantly given in ordinary Drink, so many drops as to make it pleasantly acid or sharp, will not only cool the inflamed part, but effectually open the Obstruction of the Lungs, strengthen the Stomach, and causes a good Appetite.

Lungs Rilling: There is nothing better than the Water of

of Enula-campana-roots, stamp the green Roots in a stone Mortar, and mix with them half as much green Licorice; then distil it in a glass Still: Take of this Water half a spoonful at a time, whenever the Rising doth trouble you: mix it with as much Old Malaga, if you cannot take it alone.

Take Milk-water, or Spring-water, 3 ounces; Spirit of Sal-Armoniack 40 drops: mix them for a Dose. It is very powerful for the purpose intended.

This is also very good: Take White-Port-Wine 4 ounces, Spirit of Harts-horn a dram and half; or 40 drops: mix for a Dose, and give it.

Lungs Stopt with Phlegm: Take Enula-campana-root well dried, Licorice and Aniseeds, of each an ounce; Flour of Sulphur half an ounce, Sugar-candy six ounces; make all into a fine Powder, and take thereof half a spoonful three times a day.

Take White-Port-Wine 4 or 6 ounces, Syrup of Elecampane, an ounce and half, Tincture of Juice of Licorice half an ounce, Spirit of Sulphur enough to make it pleasantly sharp.

This also is Excellent:

Take Syrups of Elecampane, of green Ginger, and of Limons, of each equal parts; mix them well. Dose 2 spoonfuls often in the Day-time.

Lungs Stopt: Take the

Syrup of Penny-royal, or Ground-Ivy, moderately tart, stamp in it Rose-leaves and Mugwort, and make them with the Syrup and Sugar into a Conserve; of which take a quarter of an ounce Morning and Evening.

Lung-wort, its Virtues: This is Astringent and Drying, stops Bleeding, and cures fresh Wounds; stays the Flux of the Belly and the Courses; the distilled Water, Powder and Syrup, are used with success for the Diseases of the Lungs, as Short-breathings, Coughs, Consumptions, &c. That sort of it which grows on the Oak, is excellent for curing the Jaundice, by taking a handful of it, and boiling it in a close stopt Vessel, in a pint, or somewhat more, of Small-beer, till half be consumed; and of this take three or four ounces, as hot as may be, both Morning and Evening.

Lupins to Bott: Take French Lupins and French Beans, and take away the Tops of the Cods and the Strings, and then having a Pan or Skillet of fair Water boiling on the Fire, put them in with some Salt, boil them up quick; and being boiled, serve them up with beaten Butter and a little Pepper. Garnish the Dish with Barberries, Lemon-peel and Endive, and so serve them up, having made a Division or Separation of the two sorts.

M **Scaroons to Make:** Blanch a convenient quantity of Sweet-Almonds, by putting them into hot Water, beat 'em to a mash in a Mortar, and strew on them between beatings a little fine Sugar sifted; and when they are well mix'd, add the Whites of Eggs and Rose-water; and when they are of a sufficient thickness, draw over your Wafers a Feather dipt in melted Butter, and take the Butter up in spoonfuls and lay it on them, and bake them in a gentle Oven, iced over with Sugar dissolv'd in Rose-water.

Madness or Frensie: Take the Gall of a Hare, boil it in a quarter of a pint of White-wine: this being drank, causes the Party to sleep, and eases the Labour and Disturbance of his Brain, until Vinegar be given him. *First Vomit with Antimonial Emeticks, as with Vinum Antimoniale, Vinum Benedictum, or Tartar emeticum, which repeat for 2 or 3 several times, with due Intervals; then purge with an Infusion of Senna in White-wine: the Infusion of an ounce will make 4 Doses: And if the patient wants rest, you must give every Night at Bed-time 2 or 3 grains, or*

more of our Volatile for Specifick Laudanum.

Maiden-Hair, a Syrup: Take two good handfuls of it, shred these small, and boil them in two quarts of fair Water till a third part be consumed; then strain it, and boil up the Decoction with Sugar to a convenient thickness, and take half an ounce at a time in any convenient Liquor. This removes the tartarous and viscous Mucilage out of the Lungs, and is good for those that have Coughs, Shortness of Breath, and Pains in their Sides, or in the Bladder or Kidneys. The Powder of this Herb being taken four days together, provokes Urine, expells the Stone and Gravel, and is of great use for Children in Ruptures: Or for any of these, the speedier to facilitate the Remedy, you may take the Syrup of Maiden-hair, and Jubebs, of each three ounces; Linseed-oil, newly drawn, two ounces; fine Sugar two drams: mingle them, and make a Lohoch, and take about a quarter of an ounce every other Hour.

Diseases of the Skin: Take Oil of Roses half a pint, beat two ounces of Litharge of Gold to dust or powder with Vinegar, add a little

little of the Oil, as you bruise it in a Mortar with an iron Pestle, till the Litharge and Oil has so overcome the Vinegar, that it appears not, and it becomes a kind of a whitish Ointment; then put it up for your use, keeping it close covered.

Or the Patient may wash with Lac-Virginis, or with Saccharum Saturni, dissolv'd in Juice of Limons, and mixt with a trebble quantity of Rose-water. After which, every Night going to Bed, they may anoint with this Lintment: Take Oil-Olive 6 ounces, Sheeps-suet three ounces; melt them in the heat of a Bath, then add Saccharum-Saturni an ounce and half, dissolv'd in Juice of Limons; Roch-Alum half an ounce, dissolv'd in fair water: put all together, and mix them well by beating.

This takes away Spots, Pimples, Sun-burn, Morpew, and Yellowness of Complexion; cures Itch, Scabs, Botches, Breakings-out, Tetters, Ring-worms; kills Worms in the Skin, makes it smooth, and forces out the watry Humours, tending to Dropsies, by anointing with it.

The Lac-Virginale, by often washing with it, cures Worms in the Skin, and is good to dry up Running-sores, Tetters, Ring-worms, Scabs, and other Breakings-out. If they have been of long standing, and are rebellious, you may anoint with this Ointment: Take Oil-Olive 4 ounces,

Sheeps-suet 2 ounces; mix them then add white Precipitate one ounce, Oil of Tartar per Deliquium half an ounce: mix all well together, and at last add Flowers of Sulphur 6 drams. This Ointment upon Tryal, you will find to be a very excellent thing.

Manus Christi to Make: Take half a Pound of Resin'd Sugar, with some Rose-water, boil them together till they come to a Sugar again, then stir it about till it be somewhat cold; so done, take your Leaf-gold and mingle with it, then cast it according to Art, that is in round goblets, so keep them.

Marchpane to Gild and Garnish: Blanch Almonds in hot Water, beat them well in a Mortar; put to them Sugar finely sifted, beat them and mingle them till they become a Paste; add a little Rose-water, then cover it with a Sheet of Paper, make Impressions round it with a Spur-iron, or Marking-iron, used in Pastry; Ice it over with Sugar, Rose-water and the White of an Egg beat up together: and being drawn, garnish it with Comfits, cut Leaf-Gold or Silver in divers shapes, and stick it on with Gum-water; then strew grated Bisket and Carraways on it. If it happens to be Oily in beating, to remedy this, put in as much Rose-water as will make it as thin as Ico.

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Lungs Dropt: Take the Leaves and Seeds of Marshmallows, and boil them in Milk or Wine with Aniseeds and bruised Licorice, and let the Party drink half a pint pretty warm in the Morning fasting.

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thing is Spirit of Hartshorn or Sal Armoniack, which may be given from a dram to two drams, in a Glass of Milk-water, or some other fit Vehicle; this destroys the acid, dissolves the conglutated Juices in the Lungs, and being taken for some few times, quickly restores the Circulation of the Blood.

Lungs Inflamed: Take Red Poppy-flowers a quarter of a peck, infuse them in Spring-water very hot, but not boiling hot, and let them stand twenty four hours, then wring them out: Infuse the like quantity of Field Flowers, and having well press'd them after a convenient standing, boil up the Liquor in a Bath, till with its equal weight of Sugar it is made into a Syrup.

Half an ounce at a time is a sufficient Dose, and being exceeding Cooling, it not only helps the Inflammation of the Lungs, but also Pleuritis; and is good in most Heats, or hot Diseases, easing Pains in the Head, and causing rest.

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Lupins to Boil: Take French Lupins and French Beans, and take away the Tops of the Cods and the Strings, and then having a Pan or Skillet of fair Water boiling on the Fire, put them in with some Salt, boil them up quick; and being boiled, serve them up with beaten Butter and a little Pepper. Garnish the Dish with Barberries, Lemon-peel and Endive, and so serve them up, having made a Division or Separation of the two sorts.

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Or the Patient may wash with Lac-Virginis, or with Saccharum Saturni, dissolv'd in Juice of Limons, and mixt with a trebble quantity of Rose-water. After which, every Night going to Bed, they may anoint with this Lintment: Take Oil-Olive 6 ounces, Sheeps-suet three ounces; melt them in the heat of a Bath, then add Saccharum-Saturni an ounce and half, dissolv'd in Juice of Limons; Roch-Allum half an ounce, dissolv'd in fair water: put all together, and mix them well by beating.

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Manus Christi to Make: Take half a Pound of Resin'd Sugar, with some Rose-water, boil them together till they come to a Sugar again, then stir it about till it be somewhat cold; so done, take your Leaf-gold and mingle with it, then cast it according to Art, that is in round goblets, so keep them.

Marchpane to Gild and Garnish: Blanch Almonds in hot Water, beat them well in a Mortar; put to them Sugar finely sifted, beat them and mingle them till they become a Paste; add a little Rose-water, then cover it with a Sheet of Paper, make Impressions round it with a Spur-iron, or Marking-iron, used in Pastry; Ice it over with Sugar, Rose-water and the White of an Egg beat up together: and being drawn, garnish it with Comfits, cut Leaf-Gold or Silver in divers shapes, and stick it on with Gum-water; then strew grated Bisket and Carraways on it. If it happens to be Oily in beating, to remedy this, put in as much Rose-water as will make it as thin as Ico.

Marchpane

Marchpane like Hung-Beef: Work some of the Paste with Red Saunders, spread it into a flatness; and the other being White, lay them one on another; and when it is dried and cut fine, it will, at first sight, appear like Interlarded Beef.

Marrigold-Water, its Virtues: This is an excellent Water for Inflamed Eyes: being dropt in them, it takes away the Inflammation and Redness; or a Rag dipped in it, may be applied to the Eyes with the same Success. The Flowers are very Cordial and Hepatick; they provoke Sweat and the Courses: There is therefore an excellent Conserve made of them, after this manner: *Take of Marrigold-flowers two ounces, Confection of Kermes and Hyacinth two drams of each, the Powder of Pearl an ounce, and as much Syrup of Citron as will make them into a Conserve, by mixing and bruising them well together with a sufficient quantity of fine Sugar.* Take of it about a quarter of an ounce Morning and Evening. It is a great Cordial for Refreshing the Spirits, and a Preservative against the Plague and Pestilential Fevers.

Or you may make the Conserve thus: *Take Marrigold-Flowers fresh gathered six ounces, Syrup of Limons two ounces; beat them well together to a mash or pulp: being well beaten, add Syrup of Livens, enough to make*

it up into a fit body for keeping.

Marrigold-flower-Water: Take the Flowers of Marrigolds a quarter of a peck, and distil them in a cold Still; then take a fine Linnen Cloth, and wet it in the distilled Water: this applied to the Forehead, helps Pains of the Head: The Eyes washed with it, removes Inflammations; and drank in hot Diseases, is very available and beneficial to the Party grieved.

Marjoram Conserve: Take the Tops and tenderest part of Sweet Marjoram, two handfuls or more, as you require a greater or lesser quantity of Conserve; bruise it very well in a wooden Bowl or Mortar; add twice the weight in Sugar, boil it up with Marjoram-water till the Sugar comes to the thickness of a Syrup; then put in the beaten Marjoram, and it will be a rare Conserve.

Marks, to Prevent: In case of the Small-pox, Measles, or such violent Distempers as leave Scars behind them, Take Litharge of Gold in fine Powder, Cerufs washed in Rose-water, of each an ounce; Oil of Bitter Almonds, and Oil of Eggs, of each an ounce; Night-shade and Plantane-waters, of each half an ounce, or so much as will make it into an Ointment by grinding it in a stone Mortar, pouring to it sometimes of the Oils, and

and sometimes of the Vaters; and with this anoint the Face and Hands when the Scab or Scurf is green, and it will keep them from Pitting or Scars.

There is no Ointment better than this to prevent the marks of the Small-pox, and to smooth the Skin: Take Oil of Ben, or Oil of Bitter-Almonds two ounces, Sheeps-suet one ounce, Saccharum-Saturni, Sperma-Ceti, of each six drams: mix them, and therewith anoint three times a day.

Marmalade of Apricocks: Take Apricocks, pare them and cut them into Quarters, and to every pound of Apricocks put a pound of fine Sugar; then put your Apricocks into a Skillet with half of the Sugar, and let them boil very tender, and gently, and bruise them with the back of a Spoon till they be like a Pap; then take the other part of the Sugar and boil it to a Candy-height, then put your Apricocks into that Sugar, and keep it stirring over a Fire till all the Sugar be melted, but do not let it boil, then take it from the Fire, and stir it till it be almost cold; then put it in Glasses, and let it have the Air of the Fire to dry it.

Marmalade of Cherries: Take Cherries not too ripe, the fairest you can get; and having stoned them, lay them in a Preserving-pan over a gentle Fire, so that they only

simper but not boil; then take out a part of the Liquor, leaving only so much as will moisten them; then put in fine Sugar, and boil them up over a quicker Fire, bruise them well, and continue strewing more Sugar till the Colour is very good; then take them off, and being well incorporated, put them up into a Glass or glazed earthen Vessel, and they will keep a considerable time; and being carefully look'd to and set dry, you will find it good for twelve Months.

Marmalade of Red Currans: This is an excellent way, if well observed, viz. Take of Red Currans, when ripe, clean pick'd, squeeze out the Juice of some of 'em, and put the rest into it, adding the Juice of Raspberries; boil them together gently, and when the Currans that were whole begin to break, boil up an equivalency of Sugar to a Candy height, and put in the Currans, letting them boil with the Currans again, and sprinkle into it Rose-water; and when it comes to the thickness of a Marmalade, having taken off the Scum if it rises, put them into a glazed Pot, being mash'd as they boil till none of them remain whole: and so when this Marmalade is cold, slice it for your use, and it will prove of an excellent Taste, and is good to moisten the Mouth, and comfort the Stomach.

mach in Fevers, or other hot Diseases.

Marmalade of Damascens : Take about two quarts of the largest Damascens when they are ripe, but not over-ripe, pare off the Skins of three pints of them ; put 'em into an earthen Vessel, placing those you have not skinned undermost, put as much fair Water as will cover them into a Kettle or Pot ; and when it boils, put in the Pipkin, or other earthen Vessel into it, close stopped, so as the Water cannot get in ; and when they are, by this way of Infusion, tender, take off the other Skins and Stones out of them all ; then take their weight of Sugar, put it to the Pulp, and set them together over a Fire, till it boil apace : keep it clean scumm'd, and when it is boiled to a height, put it into a glass for your use.

Marmalade of Grapes : Take White or Red Grapes, at you design the Marmalade for Colour, let them be gathered in a dry day, and dry them afterward on a Table when they are separated from the Stalks ; then boil them in fair Water, often scumming them, whilst the Water is reduc'd to a third part, and then let there be but a gentle Fire under them ; and when you find it thickened, strain it thorough a Sieve ; boiling it once more, add a small quan-

tity of Sugar, and so put it up when cool, and cover it close for your use.

Marmalade of Oranges and Limons : Boil the Rinds of them in several Waters, till they be very tender, beat them small with their weight of Pippins, then take their weight of all in the Sugar, add to every pound of Sugar a pint of Water ; boil your Water and Sugar together, and make a Syrup, then put in your Pulp, and boil it a good while till it be clear, then put in the Juice of some Orange and Limon, so much as will give it a fine tast ; then boil it a little longer till you see it will jelly very well, then put it into Glasses, and keep it in a reasonable warm place : This is a very good Cordial, and stoppeth Rheum.

Marmalade of Pippins : Take the best Pippins when they are newly gather'd, and not too ripe, pare them, and take the Core out, then put to them their weight in fine Sugar, put them into a Preserving-pan, and pour upon them as much Spring-water as will cover them ; boil them with a quick Fire, till you find them by trial Jellied on a Plate when cold ; then take it off the Fire, and put into it a little of the Scrapings of Lemon-peel, and a like quantity of the yellow Rinde of Oranges boiled tender, (casting away their first Water, to correct their Bitter-

ness,

ness,) cutting them into narrow slices, and so bruising them all together into a Pulp ; let the Substance cool in earthen Pans or Pots, and set 'em in an indifferent dry place, strewing some Sugar over the Marmalade, and it will keep well a Year or two.

Marmalade, the Spanish way : Take of ripe Pear-Quinces, pared and cored, fifteen pound, three pound of fine white Sugar, a quart of fair Water, stew them over a gentle Fire, and as they grow dryer, add a little Rose-water, and White-wine or Canary, as the Scent best pleases ; squeeze out the Juice and Pulp, and put it to four pound of Sugar more, a little more Rose-water and Orange-water, try it on a Plate, and if it comes clean off, it is sufficiently enough ; then take it off, and let it cool, put it in Boxes, and strew over some perfumed Comfits, and keep it close for use.

Marmalade of Wardens : Bake them in an earthen Pot, then cut them from the Core, and beat them in a Mortar ; then take their weight in fine Sugar, and boil it to a candy height with a little water, then put in your Pulp with a little beaten Ginger, and boil it till it comes from the bottom of the Posnet : And so do with Quinces if you please.

Marmalade white : Take six pound of Quinces, pare and core them, and then boil 'em

to a Pulp, put to it two pound of Sugar moistened well with the Juice of Quinces ; boil them gently together at first, till the Liquor be swelled out of the Quinces, and the Sugar dissolved, and all come into a convenient thickness, and so put it up for your use.

Marrow, a fine Dish : Take the Marrow of two or three Bones, cut it square like Dice, and put it into a penny Manchet grated fine, with some Dates cut in halves, and a quarter of a pound of Currans, seven or eight spoonfuls of Cream, roasted Wardens, Pippins or Quinces sliced, and two or three Yolks of raw Eggs : season them with Cinnamon and Ginger ; bake them, and serve 'em up.

Marrow-Pasty : Take six Marrow-Bones, some sweet Marjoram, Winter-favory, and Thyme, a little of each, a quarter of a pint of Rose-water, half a pound of Currans, a large Nutmeg, the Yolks of six Eggs, half a pound of Sugar, then work it all together, and put it into a little Puff-past Pasty ; then fry them with tried Suet, or Lard.

Marsh-Mallows : Though these are very common, yet they are of much Virtue and Value in their Use, viz. The Leaves sod in White-wine or Milk, and eaten take away Hoarseness ; and being beaten with Sage-leaves, make a fine

gular Poultis for Wounds, Bruises or Inflammations: They also are good against the Biting of any venomous Creature, being applied Poultiswise with Leeks and Onions stamped very small. The Juice, if drop'd in the Ear, appeaseth the Tingling, Singing, or Buzzing Noile in the Head. The Herb and Roote concocted till the Concoction seem somewhat clammy, and sweetned; viz. the Liquid part, with a little Honey, is successfully given to Women, to restore Strength, after a hard Labour in Child-bearing. The Seed, if powder'd and drank with Red Wine, prevents excess in Vomiting. Six ounces of the Juice of Mal-lows, sweetened with a little Sugar, extremely removes Melancholy.

Mallows Wild: Those are another sort, which Physicians distinguish somewhat from the former, though their Virtues are little less; being sod in White-wine, or Water and Honey, they expedite the healing of Wounds, by washing them with their Concoction; and being applied Poultiswise, they are good to allay the Swellings of the King's-Evil; draw Imposthumes to a Ripeness, allay Inflammations of the Breast, and help Ruptures of the Fundament, Ventosities, and Shrinking of the Sinews. The Leaves bruised, with a little

Oil, are applied for Bitings, Burns or Scalds. The Seed powder'd, and drank in White-wine, is good against the Dysentery, and Flux of the Belly.

Master-Ultz, its Virtues: It cures the Bitings of venomous Creatures, being stamped and applied to the Wound with Bay-salt. It is given in malignant Diseases, helps Expectoration, sweetens an offensive Breath. 'Tis also accounted good for the Drop-sie; and a piece of it stopp'd in a hollow Tooth, eases the Pain thereof.

May-weed: This Herb, though very common, and of no pleasant scent, is nevertheless of admirable Virtue: for, if boiled in Ale or Small-beer, with Figs, Licorice and Aniseeds, of each an ounce, and the Decoction drank hot, it eases the Colick, and all violent Pains in the Bowels: If heated between two hot Tyles, with Elder-leaves, and applied, it draws the violent Heat of the Fever from the Head. The Decoction in White-wine is successfully given for the King's-Evil, and other Diseases.

Mead-caltite: Take Rosemary, Thyme; Sweet-Briar, Agrimony-wood, Betony, Eye-bright, Roman Wormwood, and Scabious, of each a like quantity, which is the sixteenth part of a handful each; cover them with Wa-

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ter in a wooden Vessel open at the top, and let them steep a Night and a Day, and then boil them very well in another Water, till the colour be very high, then in another quantity of Water boil them up till the colour looks green; and so let it boil as long as any greenness continues; then with the Herbs in it, let it stand a Day and a Night, and to every gallon of Water, put two pound of clear Honey, the Liquor first strained from the Herbs; and when it will bear an Egg to Three-pence breadth above Water, work it together until the Honey is quite dissolved; then after a Night's settling-boil it again a quarter of an Hour with the Whites and Shells of six Eggs, then strain it: let it cool, and put it up with Cloves, Mace, Nutmegs, and Cinamon bruised together, being hung in the Cask in a Bag; and if you require it to drink very speedily, take the Whites of two or three Eggs, a spoonful of Yeast, and two spoonfuls of Wheaten-flower; beat them together, put them into the Cask, and when it has worked, stop it up with Clay and Bay-salt well tempered, and so it will keep long.

Measles: Take a scruple of Saffron, put it into a Rag, and tying it, infuse it in Posset-Ale, and then press it; or it may be done in Mace, Ale, or White-wine, till all the Vir-

tue of the Saffron is exhausted in the Liquids, and let the Party drink it, keeping very warm: And if in this Distemper, or the Small-pox, (for it is good in either) there is a soreness in the Throat, do thus:

Take half a dram of Saffron, tie it as the other in a Rag, and boil it in half a pint of new Milk till the Milk becomes very yellow, then moisten with it a Stay of Linen, and put it wet and warm under the Throat where the Sore is; and when that is cold and dry, put on another so ordered: and this will in six or eight Hours take away the Pain, or Soreness, drinking also the Milk.

You must be sure to prevent a Flux of the Bowels, and keep the Patient in a continual breaking Sweat, by giving proper Sadorificks and Antidotes, as Treacle Water, Bezoartick-Water and the like, as also Mithridate, Venice-Treacle, our new London Treacle, &c. I constantly give every Night going to Bed, 20, 25, or 30. drops of my Gutta Vitæ, in a Glass of some Cordial-Water, or Muddling sort of Ale, and every Morning a quarter of a spoonful of my Aqua Bezoartica, in Ale or Posset-Drink also, and in all the Drink or Posset Drink, they take in the day time, I give 10 or 12 drops of my Spiritus Anticolicus; by observing this Course in the Measles and Small-Pox,

Pox, I never fail of the Cure; and I believe I have cured above a Thousand several Patients in my time of those Diseases, and never had yet the ill Fortune of having one of those Patients to miscarry under my Hands.

Meat to Roast: When a Capon, Chicken, or Fowl, has been long enough before the Fire, and thoroughly hot, that they require basting, do them once over very well with sweet Butter, dridge them over with Flower, and by so doing, it will make a thin Crust, that will keep in all the Juice, so that they are best without any more basting till they are enough; then baste them well with Butter, as before, which will make the Crust relent and fall away: this being done, and they grow brown on the outside, sprinkle them over with a little ordinary white Salt in gross Grains, then baste them over with Yolks of Eggs finely beaten, continuing so to do till another Crust of the Eggs arise on them, and they are sufficiently enough to dish, sauce, and serve up to the Table.

Medlars to Preserve: Scald the fairest of them, when indifferently Ripe, till the Skin may be easily taken off; then stone them at the Head, and add to each pound of them, a pound of fine Sugar dissolved in the Liquor till it

become rosey: then take them from the Fire, and put them up in a close Pot for your Use.

Medicine for Coughs, &c. Take a large handful of ground Ivy, commonly call'd Alehoof, wash it clean, and dry it well by swinging in a Cloath, shred and bruise it a little in a Mortar, boil it in a quart of strong Ale to the consumption of a pint, and drink it hot in the Morning fasting. This cures Pains and Inflammations, Desfluxions in the Eyes, and is good against the Jaundice and Coughs of the Lungs, Consumption, Stone, and Gravel, Obstruction of the Liver and Spleen; and, according to the Learned and Judicious Sir Kenelm Digby, being applied to a Felon like a Cataplasm, it cures it by ripening and kindly breaking it, being admirable likewise for old Sores that want cleansing, if a little Honey and Copperas be mixed with the Juice.

If the Cough is vehement, Balsam of Sulphur is much commended, dropping 20 drops of it into a spoonful of Sugar, and mixing them well together, then adding to them half a pint of Posset-drink, and so drinking it off: This may be done as often in the Day-time as the Cough returns; and at Night going to Bed, to take of our Volatile or Specifick Laudanum a gr. ij. ad vi. repeating it every Night till the

the Cough is overcome. Those that cannot take Balsam of Sulphur, may take Flowers of Sulphur a scruple at a time, made up into a Bolus with Barbadoes Green Ginger, and a few drops of the Syrup: Or instead of this, the Patient may take a full spoonful of our Tinctura-Mirabilis in a Glass of fair Water and Sugar, which will stop the Cough upon the spot, and in a few Days time taking it, will perfectly do the Cure, taking the Laudanum as aforesaid every Night going to Bed.

Megrin, or Vertigo: Take Aaron-roots, cut them small, and steep them in White wine twelve Hours, then pour fresh White-wine upon them, and steep them a considerable time; then dry and reduce them to Powder.

Take of this Powder two ounces, Crabs-Eyes, Cinnamon, of each half an ounce; Salt of Wormwood half an ounce; Sugar of Roses an ounce: make these into a Mass, keep them close stopp'd, and take a dram at a time in an ounce of Mint and Betony-water. This is a good Cephalick, and Excellent, especially against the before-mention'd Grievances: It also removes Coldness and Weakness of the Stomach, Wind, Stone, Quartan-Agues, and all tartarous Obstructions: The Dose, to a strong Body, may be augmented to two drams. Take it in Canary. Purge first with our Pilule

Cathartica, and repeat the purging with the same every fourth or fifth Day: mean season, in the intervals of Purging, bathe the Head Morning, Noon, and Night with the Powers of Amber, doing it very well, and rubbing it well in, and let the Patient snuff some of it up their Nostrils three, four, five or six times a Day, as you see occasion requires: and every Day take of the following Mixture inwardly in a Glass of Ale, or White Port-Wine, and sometimes in Posset-drink. Take Powers of Rosemary, of Lavender, of Oranges and Limons, of each three ounces, mix them. Dose half a spoonful first in the Morning fasting, secondly at ten at Noon, thirdly at four in the Afternoon, and lastly at Night going to Bed.

Melacotons to Bake: Wipe them clean; and put them in a Pye made Scollop-wise, or some other quaine Device of Pastry; put them in whole, with their weight in refined Sugar, close it up; and when it is baked, ice it over with Sugar and Rose-water: Sometimes, for change, you may add small bits of Cinnamon, or whole Cloves and sliced Ginger.

Melancholy: Spring and Fall purge with Mechoacan-Ale, or some such-like easie Purging-Ale, for the space of a Fortnight; then purge every third Day with our Elixir-Vite, taking about six or eight spoon-

fuls at a time mix'd with a Glas of Ale. Or else purge with this: Take White-wine a quart, choice Senna a full ounce, Liquorice bruised half an ounce, Salt of Tartar two drams; mix and make an Infusion for two or three hours in the Wine scalding hot: then strain out. This will serve for Four Doses: And let all their Drink be Fumitory Ale, putting twelve good handfuls into four gallons of new Ale; and so letting them work together.

Melancholy, a Diet-Drink: Take Fumitory and Hops before they are ripe for gathering, Borrage, of each a pound; boil them in two gallons of Spring-water, till they come to the consumption of half: strain out the liquid part, and sweeten it with Sugar-Candy, or Honey, and let it stand about eight days to settle and digest, and drink a moderate Draught of it in the Morning fasting, and the like at Night when you go to Bed, and it will much enliven the Spirits, and remove the causes of Melancholy.

Melancholy, a Diet-drink against it: Take Fumitory, Borrage, Bugloss, Hops, Dodder of Hemp, or Nettles, of each three handfuls: Epithymum three ounces; Polypody four ounces: put all into a bag with a stone in it, which put into four gallons of new Ale letting them work together, and then drink it as common drink.

Melancholy to Suppress: Take Epithymum, Fumitory, the Flowers of Bugloss, and Borrage, of each a quarter of a pound, Senna half an ounce, Poly-podium of the Oak an ounce, Fennel-seeds two drams, Whey three pints; infuse them three hours, and then boil them in the consumption of a quart, whereunto add two ounces of the Syrup of Roses, Drink half a pint of it warm in a Morning, strained and settled; and in two or three times taking, you will find wonderful Ease and Comfort: And so, as often as you find your self oppressed with Melancholy, use it in the manner prescribed.

Melons: This is cold and moist. Take of the Seed, and that of Pompon, half an ounce, the Seeds of white Poppies two drams, and eight Almonds blanched; beat them in a Mortar, mix them with a pint and half of Barley-water, strain and sweeten it with fine Sugar, and make an Emulsion for the Heat of the Urine.

Mellilot: This Herb mollifies and eases Pain, for which purpose it is frequently used in Cataplasms. To ease the Pains of the Pleurisie with it, take the following Fomentation: Melilot and Pellitory, of each two handfuls; Betony one handful: make a Decoction, and often wash the Breast, or Stomach with it.

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Mermaid-Pye: Take a Pig, scald it, and bone it; and having dried it well with a Cloath, season it with beaten Nutmeg, Pepper, and chop'd Sage; then take two Neats-Tongues, when dried and cold after boiling, and slice them in lengths, and as thick as a Half-Crown, and lay a quarter of your Pig in a square or round Pye, and the slices of the Tongue on it; then another quarter, and more Tongue: and thus do four times double, and lay over all these some slices of Bacon, scatter a few Cloves, put in some pieces of Butter and Bay-leaves, then bake it; and when it is so, fill it up with pieces of sweet Butter, and make your Past white of the Butter and Flower.

This Pig, or Mermaid-Pye, so called, is to be eaten cold.

Metheglin, its Virtues: Metheglin has been highly held in Esteem in this Nation, and is of excellent use among us, if rightly made; nor can it be otherways, since Honey, its principal Ingredient, is the Collection of so many Herbs, Plants, and Flowers; and no doubt the quintessential part of them. It's an excellent Pectoral, good against Consumption, Phthisick, and Asthma: It is cleansing, and diuretick, good against the Stone and Gravel: It is restorative and strengthening, comforting

the vital Part, and affords good Nourishment. To make it then, take these following Rules.

Metheglin, a New way: Take Hyssop, Agrimony, Burnet, wild Thyme, Baum, Mint, and Fennel, Rosemary, and Angelica, and other suitable wholesome Herbs that have strength in them, of each about a quarter of a handful: boil them in a sufficient quantity of fair Water, till tender; then press out the Water, and let it stand a Day and a Night to settle: draw off that part which is clear, and put two quarts of Honey to two gallons of it, and so proportionably; let it boil an hour, keeping it clean from the scum, then set it a cooling, and being cold, add a little Ale-yeast, and put it into a convenient Vessel, covering the Bung with a wet Cloath; and when it has worked, at three Days end take off the Yeast, or leave it behind, by drawing it off, and putting it into another Vessel, in which it must have vent for three Days longer: then stop it up close, yet when you hear it make a noise, you must give it vent with a Piercer, or else, if it force not out the Cork, it may happen to break the Vessel: If you think convenient, you may make a Bag, and put in good store of Ginger sliced, also Cloves and Cinnamon, suffering it to hang and infuse

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so, as not to touch the bottom, and at two or three Months end, you may, if you think fit, draw it off.

Metheglin, another way : Take Spring-water, and boil it with Rosemary, Sweet Marjoram, Sage, Baum, and Saffras, until it has boiled three or four Hours, the whole quantity of Herbs not needing to exceed one handful to a gallon of Water, of each an equal proportion ; and when it is boiled sufficiently, set it to cool and settle a whole Night, then strain it, and add Honey the best ; then set it over the Fire, and take the Whites of 20 or 30 Eggs, beat them very well, and when it boils pour them in at twice ; stir it well, and then let it boil apace before you scum it : after it is scummed, take it off the Fire, and pour it into any earthen thing to cool ; and being cold, put five or six Spoonfuls of new Ale-yeast to it, stir it together, and then every Day scum it with a bundle of Feathers till it has done working, and so put it up into a Cask, if you can get such a one, that has had Sack or Malaga in it ; and to every gallon of Metheglin put a quart of Sack, or one pint of Aquavivæ, a quarter of a pound of sliced Ginger, and two or three Peels of Lemons and Oranges in a Bag.

Metheglin-Physical : To order and prepare this, Gather

the Herbs under-mention'd in July, choose to dig them on a dry windy Day, if any such happen, and keep them drying till the *Michaelmas* following, viz. Saxifrage, Agrimony, Centaury, Thyme, Betony, brown Mint, and the Tops of Rosemary, of each a handful : boil them in Spring-water till the Herbs have much altered the colour ; then take it from the Fire, and cool it ; put into the Wort, when it is a little warm, about three pound of Honey-combs, temper and mix them well together, and so run the Liquid part through a fine Sieve, or Strainer : then to try its strength, put in a new-laid Egg unbroken, and if it bear it not, you must put in more Honey till it will ; then strain it again, and boil it over the Fire a little, keeping it clean scummed, and so being cold, put it up into a Barrel ; and when it has done working, stop it up close, and draw it not off in two Months, and it will purge Melancholy, much revive the Spirits, comfort and strengthen the Heart, purge by Urine, and gentle breathing Sweats, and keep the Party moderately drinking of it in a healthful constitution of Body.

Metheglin-White : Take Sweet-Marjoram, Sweet-Briar-Buds, Violets and Strawberry-Leaves, of each a handful ; a handful of Violet-Flowers, the double ones, if they can be

be got ; broad Thyme, Borage and Agrimony, of each half a handful ; and three or four Tops of Rosemary ; the Seeds of Carraways, Coriander and Fennel, of each two Spoonfuls, and three or four Blades of large Mace : boil these in eight gallons of running Water three quarters of an hour, scum it and strain it ; and being lukewarm, put as much of the best Honey to it as will make it bear an Egg, the breadth of a Sixpence above the Water ; then boil it again, so long as any Scum will rise, so set it to cooling ; and when almost cold, put in half a pint of new Ale yeast ; and when it has wrought till you perceive the Yeast to fall, then put it up, and suffer it to work in the Cask till the Yeast has left rising, filling it up every Day with some of the small Liquor ; and stopping it up, put in a Bag with a sliced Nutmeg in it, a few Cloves, Mace and Cinnamon, all unbruised, and a grain of Musk. The best time to make it, is a little before *Michaelmas*, and it will be excellent to drink towards the beginning of the Spring.

Advice to Kill : Take Hemlock-seed, and cast it to the Holes where they usually come, and they will eat it greedily, and it certainly kills them.

Millet : This in some Countries is made of great

Account for Food, but among us, mostly for Physical uses, or uses tending to it, viz. Boiled and mixed with Salt, and applied to the Belly, it eases the Pains caused by Windiness : mixed with Camomile Flowers, and boiled in White-wine, it eases Pains in the Head and Stomach ; being mixed with many Medicines, it maketh them keep long from moulding and putrefying : cover fresh Flesh of any kind in a heap of it in hot Weather, and it will preserve it a long time.

Milk to Dry up : Bathe the Woman's Breasts with the Decoction of Colewort-Leaves, and anoint it with the Juice of Plantane, and the Business will be effected.

In this case, things cooling, drying, and repercussive ought to be used : you may bathe the Breasts Morning, Noon, and Night, with Lac Virginale pretty warm, fomenting them for a quarter of an hour at a time ; which done, anoint them with Oil of Poppies by Expression ; or if that cannot be had, with Oil Omphacine, which is Oil of unripe Olive, and then lay over all Emplastrum Diapalma do this every Day for some few Days, and the Work will be very safely done ; more especially, if the Patient is two or three times purged with Sal Mirabile, which carries off the Aqueous Humour which breeds Milk.

Milk

Milk to Encrease : Take Aniseeds, Liquorice, and Fennel-seeds, which boil in Posset drink : Some hold that the Fore-hoof of a Cow burnt to Powder, and a dram taken Morning and Evening in a Glass of Canary, with the Yolk of an Egg, rarely fails : or, for want of these, Lady-thistle boiled in Milk, and the Milk drank warm ; or Fennel-seeds, and Cumin-seeds, bruised and boiled in Barley-Water, has the same Effect : likewise a Coney-skin, or Hair-skin, the fleshy side being laid on the Breasts when green.

Minced-Pyes : Take, if you would have them exceeding short and luscious, Neats-Tongues but a little salted, boil them, but not too much, pare off the out-side, mince the Meat of them very small, take a quantity of Marrow and Beef-suet, shread them together ; then wash and pick clean your Raisins and Currans, mingle them then with the former, shread very small ; so candied Citron, or Orange-peel, which you relish best ; dust in a little powder of Cinnamon and Ginger : then having put these into your Coffin, put in a spoonful or two of Canary, and the like quantity of Rose-water, into every Pye. To make the Crust stand fine, and eat short, sprinkle the Flower, as much as there is occasion, with cold

Water, and work the Paste with pieces of unmelted Butter : and being brought into a form and thinness, the Crust, when baked, will far out-doe that made with hot Water, and melted Butter, as the usual way is. You may strew over the Tops a little ambered Sugar, and grind two or three grains of Ambergrease, and half a grain of Musk, the which quantity will serve five or six Pyes : But instead of Neats-tongues, if you please, Veal, Beef, or Calves Chaldrons, will do very well.

Minced-Pyes to Season : To do this, Take the Meat you design to make them on, minced finely, when parboiled ; let it lie pressed all Night, then put two pound of Beef-suet, minced small, to every pound of Meat, mix them very well together, and take half an ounce of Cloves and Mace beaten, half an ounce of Nutmegs, the like weight of Cinamon, and a little Salt, half an ounce of Carraway-seeds, five Pippins minced small without the Core ; a Lemon-peel scraped, and a quarter of a pint of Rose-water, a pound of Dates, half a pound of Sugar, a pound of Raisins of the Sun, two pound of Currans ; mix them well together, and put them to every pound of Meat and Suet.

Minced-Pyes : Take one pound and half of Veal par-boiled,

boiled, and as much Suet ; shred them very fine, then put in two pound of Raisins, two pound of Currans, a pound of Prunes, six Dates, some beaten Spice, a few Carraway-seeds, a little Salt, Verjuice, Rose-water, and Sugar, to fill your Pies ; and let them stand one Hour in the Oven : when they go to Table, strew on fine Sugar.

Mineral-Crystal : To make this pure, Dissolve it when pretty well reduc'd to a smallness before, in damask Rose-water, evaporate it, and then filter it warm through a brown paper, on which Rose-leaves are strewed, moistned with a little Spirit of Sulphur, with a few grains of Musk and Ambergrease, and so let it crystalize, and it will become a delicate mineral Crystal, pleasant in colour and smell, being endued with all the Virtues of exalted and pure Nitre. It is a true Anodyne, and an excellent allayer of Thirst, extinguishing the preternatural Heat of all manner of Fevers. It is a peculiar and special Antidote against the Plague, and all manner of pestilential Infections. It removes Stoppages of the urinary Parts, and provokes Urin, gives ease in the Quinsie, in hot, sharp, and scalding Urin, and Gonorrhoea ; and for these purposes, it is best to take a dram of it in Wine sweetned with Sugar.

Mint : This is meant of that sort of Garden Mint called Spear-Mint. Its Virtues are very many, viz. Beat it and lay it to the Stomach that is weak and wants digestion, and it comforts and fortifies it. It is a sovereign Herb to restore the Smelling and Feeling to those, wherein they are much decayed ; for the first, being often held to the Nose, and for the other, the Decoction of it very strong applied to the numbed part. The Leaves dried and powdered, given to young Children, kill and bring away Worms : The Juice drank with Vinegar ; stenchos Blood ; and with the Juice of sower Pomegranate, restraineth Vomiting, Hicups, and Colick-Passions. This Mint, with Rose water, and grated Nutmeg, laid on the Forehead, asswageth the Head-ach ; and laid on the tender Dugs full of Milk, it easeth the Pain of them. Applied with Salt, it is good for the Biting of Mad Dogs ; And the Juice of it mixed with Honey, dissolved in Water, being dropt into the Ears, easeth the Pain of them. The whole Herb distilled in a glass Alembick, in a Bath of hot Water, or otherways, four ounces being drack, stayeth Bleeding at the Nose. Those that affect much Milk, to prevent the curdling of it in their Stomachs, would do well to chew Mint in their Mouths ;

and swallow the Juice after it. If Cheese be sprinkled with the Juice, or Decoction of it, it will keep from Corruption, or Rottenness.

Mint-Syrup: Take about a pint of the Juice of Quinces when they are almost ripe, the Juice of Pomegranates half as much, dried Mint six ounces, red Roses two ounces; steep them in the Juices twenty-four Hours, then boil it half away, and strain out the rest, and with fine Sugar make it into a Syrup; and if it be too thick, add a little Mint-water.

Mint-Water: Take Baum, Penyrbyal, and Mint, of each a handful; Canary-Lees, a gallon; and after the Infusion of twenty-four Hours, put them into a Pewter-Still, or Copper-Almbick, and keep a quick Fire under it; cover the Still with wet Cloaths, and then distill it over again, putting into the Receiver so much fine Sugar, as may conveniently sweeten it.

This is Excellent in Fevers, or any hot pestilential Disease. It comforts the Heart, and strengthens the Memory, and given with Syrup of Licorice, is good for Obstructions of the Lungs, and Difficulty of Breathing.

Mirth to Cause: Take Cardamom, Cinnamon, Cubeb, Cloves, Galangal, Ginger, Mace, Nutmeg, Pepper, of each one ounce; Safran two ounces; Angelica.

Baum, Lavender, Mint dried, of each a handful; Winters-Cinnamon nine ounces: bruise what are to be bruised, and put upon them choicy Brandy six quarts, fair Water eight quarts; digest for a Week warm, then in a Copper-Almbick with its Worm, with a gentle Fire, draw off six quarts of Water, putting into the Receiver so much fine Sugar, (double or treble refined) as may conveniently sweeten it; this keep by it self: afterwards draw off two quarts more, as a smaller Water, which may serve as a Vehicle for several Uses.

This Water is excellent against fainting Fits, comforts the Heart, is good in Consumptions, the Spleen, and Melancholy; it keeps the Countenance fresh and young, and very much helps the decay of the Memory. Taken fasting it creates a good Appetite, is excellent in internal Bruises; and indeed a better Cordial for any peccatorial Discomper, or Defect, cannot be found.

Miscarriage: In this it is proper, that young Women should not be ignorant of the Symptoms, or Signs, threatening, or fore-running Miscarriage; and some of them are these, Sudden Pains in the Back, or Belly, the Breasts often swelling and falling; upon which, let her apply this following Cere-cloath to the Reins of the Back, or Breast.

Take the Roots of Bistort, and Coriander-seed, of each two drams; unripened Galls, Saunders,

Saunders, and Hypocistides, of each a dram; Labdanum, and Mastick, of each half an ounce; Frankincense, and Bdellium, of each two drams: reduce those that can be so served into a Powder, and with Oil of Mastick, Turpentine, and Bees-wax, make two or three Cere-cloaths, and apply them sometimes to the Loins, at other times to the Sides, and the Region of the VVomb under the Navel, the Party for a considerable time altogether avoiding any violent motion both of Body, and agitation of Mind; as Excess of Joy, Anger, Melancholy, &c. relating to the latter, also violent Sneezings, Coughs, Strainings, or Affrights.

It is necessary in this Case to use also inward means, for which our Specifick Laudanum, so be taken at Night going to Bed, from two grains to four, or six, is a most approved thing; and every Morning fasting, to take a full spoonful of the Tincture of Catechu, in a glass of Old Malaga, or Tent: If this course is followed by such Women as are apt to miscarry, it will certainly prevent it. The said Tincture of Catechu is thus made.

Take choicy Black or Liver-coloured Catechu in very fine powder six ounces, choicy Brandy two quarts: mix and digest two Days, shaking it twice or thrice every Day; then let it settle and stand upon the Feces, and decant the clear, as you have occasion for it.

Miscarriage, another: Take a Sprig of Rosemary and Baum, a few Cloves, and a small quantity of Nutmeg; put them into a pint of Claret, burn it, and then beat the Yolks of three new-lay'd Eggs, and having taken off the VVine from the Fire, brew it with the Herbs and Spices; then take the Cock's Traddles of six Eggs, and the VVhite of one, beat them to an Oil, and having taken off the Froth, mix them with the rest, and so brew them over again with fine Sugar; and when the Party feels any Pains that usually fore-run a Miscarriage, in the Back, or Belly, let her immediately take four spoonfuls of it.

Moles to Kill: Take white Helibore bruised very small, mix it with VVheat-flour, the VVhites of Eggs, Milk and VVine, and lay little Cakes of it in the Mouth of the Moles, and the Moles will greedily eat of it, and it certainly killeth them: Or Take the Juice of wild Cucumbers, and pour it into their Holes, and it killeth them.

Moths in Clothes: Take Hopps, and put them in a Bag, and lay them amongst your Clothes.

Mouth-Diseases: If the Mouth be cankered, Take a pint of VVine-Vinegar, (and if you can get it, let it be that of Claret) Rue, red Mint,

red Sage, and Rosemary, of each a quarter of a handful, or as much as you can hold between the Fore-finger and Thumb; shred them small, and-boil them in Vinegar, then dissolve in the liquid part a Spoonful of Honey, and half an ounce of Alom, and half a Spoonful of white Salt: wash the Mouth with it Morning and Evening.

Mouth Cankered, or Sores:

Take Red Port Wine a quart, Scurvygrass three handfuls; boil and strain out, and sweeten with Honey: with this often gargle the Mouth, and all Night hold Scurvygrass in the Mouth, upon the very place Cankered, if the place is so convenient as it may be done. Or thus:

Take Red Port Wine a quart, White Vitriol, Rich Alum, Saccharum Saturni, of each three drams: mix and dissolve, and therewith often gargle or wash the cankered or sore place; it will kill the Canker, and heal in a short time.

Morello-cattine: To make this, Take half an Aune of White-wine, twenty pound weight of Morello-Cherries, divelled of their Stalks; bruise them so, that the Stones may be broken, press out the Juice and pour it into the Wine: take that which remains, and hang it in the Wine in a Bag, so that it may not touch the bottom of the Cask; then stop it up, and let it continue a Month, at least, before you

draw it: You may put in Spices at your discretion, but it will be very pleasant without it.

Mugget Minced-Pye:

Boil your Muggets tender, and being cold, mince them small; then put to it pieces of Lard cut square-like Dice, or interlarded Bacon, the Yolks of hard Eggs cut in the same manner, also small pieces of Mutton, or Veal, the same bigness; then put some Gooseberries, Grapes, and Barberries to them; season them with Nutmeg, Pepper, and Salt, and fill up your Pye, and lay on it slices of interlarded Bacon, but very thin. Bake it, and liquor it with Whitewine and Butter beaten up.

Mulberries, a Honey: Take of the Juice of red Mulberries a pint and a half; then put to it a pound of clarified Honey; boil them up often with skimming, so that the Honey may be well dissolved in the Juice; and a third part being consumed, take it off, put it into earthen Vessel, and keep it close stopp'd, as a curious cooling and cleansing Honey.

Mulberry-Honey: Gather Blackberries, and Mulberries, when they begin to ripen, the Dew being on them, of each a quart; bruise them, and strain them, and put to the Juices fine thin Honey two pound, and boil them over

a gentle

a gentle Fire to the thickness of Honey, and keep it close for use.

Mulberries to Preserve:

Take the same weight of Sugar, as there are of your Mulberries; wet your Sugar with some of the Juice thereof, stir it together, put in your Mulberries and let them boil until they are enough; then take out your Mulberries, but let your Syrup boil a while after, then take it off, and put it into your Mulberries, and let them stand till they be cold for your use.

Mullets Boiled: Save the Liver and Roe of this Fish, and being boiled, take it up and pour out the greater part of the Water, and add to the rest a pint of Claret, a bunch of Thyme, Marjoram, and Winter-savory, Salt, Vinegar, and two Onions quartered; or sliced, and the Juice of a Lemon, also Nutmegs sliced, and Mace broken; boil these till the Fish tastes strong of the Ingredients, then dissolve into it two or three Anchoves: season it with Salt, dish it up garnished with stewed Oysters, and Bay-leaves, and Sippits, if you please, under it. This, tho' it mentions no number, may extend to what number you please, the Materials being proportioned.

Mullets Stewed: Take them, and wash them clean, boil them in Beer and Salt; then take them out of the

Shells, and beard them from the Gravel and Stones, fry them in clarified Butter; then pour away some of the Butter, and put to them a Sauce made of their own Liquor, some sweet Herbs chopped, a little White-wine, Nutmeg, the Yolks of four or five Eggs dissolved in Wine-Vinegar, Salt, and some sliced Orange; give these Materials a warm or two in a Pipkin, and so serve them up in Scollop Shells.

Muscles Fry'd: Put them into a Kettle, in which there is as much boiling Water as will cover them; being enough; take them up and beard them; then wash them in warm Water, wipe them dry and flour them; being fried crisp, dish them up with Butter, beaten up with the Juice of Lemon, and Parsley strowed over them, fried crisp and green.

Muscles and Cockles in Paste: Having parboiled them, take out the Meat and wash them very clean in the Water they were boiled in, and a little White-wine; then mince them small with the Yolks of three or four new-laid Eggs, season them with Salt, Nutmeg, and Pepper, wringing therein the Juice of an Orange or two; then close them within two Sheets of Paste, Bake it, Ice it, and serve it up.

Mushrooms Fricass'd: Having stewed them, put away the Liquor, and put them

into a Frying-pan with a piece of Butter, some stript Thyme, sweet Marjoram, and an Onion shred very small, also a little Salt, and beaten Pepper; and when they are fried, make a Leer, or Sauce, with three or four Eggs dissolved with some Claret-Wine, and the Juice of two or three Oranges, grated Nutmeg, and the Gravy of a Leg of Mutton; shake them well, and give them three or four tosses in the Pan: dish them, and garnish the Dish with Orange and Lemon, and rub it with a Shallot, or Onion, and so serve 'em up.

Mushrooms, the Italian way. Peel them, wash them, and boil them in a Skillet, with Water and Salt, having boiled in the Water sweet Herbs before you put them in, also Parsley and a Crust of Bread; boil and drain them from the Water, and fry them with the best Olive Oil: and being fried, serve them in a Dish with Oil, but not that they were fried in, also Vinegar, Pepper, and fried Parsley; or, for want of Oil, you may use sweet Butter.

If you would Stew them, Peel them, and take out the under part, and do it with sweet Herbs, Pepper, Salt, Whitewine, and Gravy, over a gentle Fire: put to them, when enough, some sweet Butter beaten up with the Juice of Lemon, or Orange.

These are good for those that are of a hot, or Cholerick Constitution; but those of a cold or phlegmatick one, must eat them sparingly.

Mushrooms Pickled: Take Mushrooms, put them in cold Water, peel them, keep them in Water, wash them, put them in a Sauce-pan, and boil them a Walm or two skimming them very clean, season them with Pepper and Salt; and when you take them off the Fire, take them out: Strow upon them Pepper and Salt; when they be cold put them in their Liquor again, letting them stand Three or Four Days in the same Liquor, then make your Pickle one half White-Wine, the other VVine Vinegar, and put into it, large Mace, Cloves, Nutmegs, whole Pepper, and a little Salt, keep them for use.

Mushrooms to Pickle: To do these that they may keep a long space, and not rot, as many do that are not well ordered, Take the But-tons, as soon as they put out of the ground, being gathered in a dry day, wash them in VVater, Salt, and Vinegar: then scald them in the Decoction of Bay-leaves and Rosemary: put them afterward into Glasses that they may be very closely stoppt, and mingle among them long Pepper, Blades of Mace, and slices of Nutmeg, and Ginger, and so close

close 'em up with a Cover of Leather for your use.

Musk: This is an Excre-scence, supposed by some to be a Tumour, or swelling, of corrupt Blood about the Navel of the Musk-Roe; which, after putrefaction and ripening, becomes Musk in a perfect God, which, others affirm, falls off from the Beast of its own accord: Being well prepared, it is not only a very sweet Perfume, but also taken in Cordials, cheers and revives the Heart, and dispels gross Vapours from the Brain: and is good against pestilential Diseases, infused in Mint, Baum, or Rue-water.

Muskadines to Make: Take half a pound of refined Sugar, being beaten and searfed, put into it two grains of Musk, a grain of Civer, and two grains of Ambergrease, and about two drams of white Orris-powder, beat them with Gum dragon steeped in Rose-water; then roul it as thin as may be, and cut it into Diamond fashion, like Lozenges, with your jing-ning Iron, and set them in some warm Oven, or Stove; then put them into Boxes for use, and in this manner they will keep all the Year.

Musk-Sugar, to Make: Bruise four or five grains of Musk, put it into a piece of Cambrick, or Lawn, lay it at the bottom of a Pot or Glass, and sift fine Sugar on it, stop

the Pot close from Air, and set it in a warm Place, and in a few Days the Sugar will have suck'd up the Tincture of the Musk, and yield a very pleasant Smell. Thus you may perfume Sweet-meats, or Comfits, by keeping them up very close; but if the Air gets in, the Spirit of the Musk will evaporate.

Mustard to make: Dry your Seed very well, then beat it by little and little at a time in a Mortar and sift it; then put the Powder into a Gally-Pot, and wet it with Vinegar very well, then put in an Onion peel'd but not cut, a little Pepper beaten, a little Salt, and a lump of Stone Sugar.

Mutton Leg, Neck, Chines, &c. boiled: Take either of the forementioned Joints, and lard them with a little Lemon-peel; then boil it in VVater and Salt, with a handful of sweet Herbs; then take a Pint and a half of Oysters well washed, and put them into a Pipkin, with some of their own Liquor, a little Strong Broth, and half a Pint of Gravy, as much VVhite-VVine, put to them two or three whole Onions, some Tyne, grated Nutmeg, and two or three Anchoves, so let them boil together; then beat up three or four Yolks of Eggs in a little of the said Broth, to a convenient thickness, with a Ladleful of draw Broth amongst it, then dish it up on

Sippets, then over run it with Lard, placing your Oysters on the top thereof; then serve it up Garnished with Barberries or Lemon.

Mutton a Leg Roasted with Oysters: Take a large Leg of Mutton, and stuff it well with Mutton Suet, Pepper, Nutmeg, Salt, and Meal, then roast it and stick it with Cloves, when it is half roasted, cut off some of the under-side of the fleshy end, in little thin bits, then take a Pint of Oysters, and the Liquor of them, a little Mace, Sweet-butter and Salt; put all these with the bits of Mutton in a Pipkin, till half be consumed, then dish your Mutton, and pour this Sauce over it, strew Salt about the Dish side and serve it in.

Mutton-Pye: Cut it into Steaks, then season it with Pepper and Salt, after that cut some Suet small, and put it into your Pye, remembering to put it both at top and bottom, you must put some Liquor into it before you put it into the Pye.

Mutton a Shoulder roasted with Oysters: Your Oysters being Parboil'd, put to them some Parsley, Thyme, and VVinter-savory, minced small, and the Yolks of six hard Eggs minced, a handful of grated Bread, three or four Yolks of Eggs, so mingle all together with your Hands; your Shoulder or other Joint

of Mutton being spitted, lay it upon the Dresser, make holes with your Knife, and put in your Oysters, with the Herbs and Ingredients after them; about twenty Oysters will be enough; take the rest of your quart, or as many as you have, put them into a deep Dish, with some Claret-wine, two or three Onions in halves, two minced Anchoves, put all these under your Mutton in the Pan, to save your Gravy, and when your Meat is ready, put your Sauce upon a heap of Coals, put to it the Yolk of an Egg beaten, a grated Nutmeg, and drawn Butter. Dish up your Shoulder of Mutton, and pour this thick Lard of Oysters all over it, strow on the Yolks of hard Eggs minced, and Garnish it with Lemon.

Mutton to Wash: Slice a Shoulder of Mutton thin, till the Bone is only left; then put some Claret, sliced Onion, and Gravy to the Meat, the Tops of Thyme, six Anchoves, and three ounces of Capers; and the Meat, and other things minceable, being reduced by that means small, take nine or ten Eggs, and the Juice of a Lemon, or two, and make a Lard of them; then put the Meat into a Frying-pan, and when it is thoroughly hot, put the Lard in and soak all together over the Fire, till it be very thick; then boil the Bone with what Meat

Meat is on it, and place on the top of your Meat, the Dish garnished with slices of Lemon.

Mutton, the Turkish way: Cut your Mutton in thin slices, wash it in Vinegar, and put it into a Pot that has a close Cover, then add clean picked Rice, and a quantity of whole Pepper, and two or three Onions: let all these boil very well, keep it scumming; then take out the Onions, and dish it in Sippets.

Mutton to pass for Venison: Take a Shoulder of Mutton, pretty large, but let it be young and tender, strain the Blood of the Sheep amongst grated Bread, then prepare your seasoning of ordinary sweet Herbs shread very small; take the Bones out of the Meat, and roul them up in it, or stuff them in at convenient places, then wrap it up with a Caul of Veal, lay it in the Blood to soak twenty four Hours, prick it so with a Knife that the Blood may the more

easily penetrate it, bake it and serve it as usually Venison is done; and it must be a very curious Palate that can discover it from what it represents.

Myrrh: This precious Gum grows upon a low prickly crooked Shrub, with smooth Bark like Laurel, but the Leaves like Olives, and much rougher; yet out of this Tree proceeds a Gum little differing in appearance from Drops, or Tears, but afterwards it becomes of a greener Colour, and is clear and sweet to the Smell, but not so to the Taste, it being somewhat bitter. The right Myrrh being drank in VVhite-wine, abates the Fit of the Quartan-Ague: it is also very good in Antidotes against Poisons and Hurts by venomous Beasts: It resists pestilential Fevers and Plague, and being applied to VVounds, it expedites their Cure. And many other excellent Virtues, not here mention'd.

Rails-Cloben: Mingle Turpentine and VVax together, spreading it as a Plaster, lay it on the defective

Nail, and as it grows, cut it away, and in a short time it will be reduced as the other.

Nail-Scratching: It is held, that the Nails of the Hand

Hand scratching in some Cases prove venomous; yet this is no more than the suffering it to fester, or the Humours to flow to that place before prevented; to remedy it, and cure the Wound made: Take Olive-Oil a quarter of a pint, Juice of Groundfil two ounces, Bees-Wax, two ounces, Stone-Pitch half an ounce: make these over a gentle Fire, into a Salve, and spreading it on Linen, or Leather, apply it to the place grieved, and in two or three times changing, and anointing with Linseed-Oil, the danger will be past, and the Cure effected.

Nail-Moist: This is held exceeding successful, being applied to Imposthumes in the Joints, and any Defects under the Nails, especially for Whiteloes, Fellons, and Nail-wheals.

Naples Whet: To make these so much in use: Take a pound of fine Flour, and the like weight of Sugar, eight Eggs, and two Spoonfuls of Rose-water, an ounce of Caraway-seeds beaten small: mix them well together, and put them, when made, into a fit thinness with fair Water, into Ten Coffins, and bake them moderately in a gentle Oven, glazing them over with Water, in which Sugar has been dissolved.

Napkins to Lay: To do this in the Form of a Cock, fold the Napkin in the middle, so that the two Selvages may

come together; then pleat it at its full length in small and close Pleats, as hard as possible you can frise it; but in that be sure to keep it as close as may be: then open it again, within a finger's breadth of the middle, and join the Pleats together again, put in a good handsome round Loaf under the middle in the fold, put the edges of the Napkin on the Loaf, and then pull out the Head and Beak of the Cock out of the middle of the Napkin, which you must raise on high, and make him a Comb, Wattles, and a Beard, of some red Stuff, and for the end of the Beak, you may make it of a large Quill, which may be fashioned like a Cocks Beak, with a little Gum-Dragon steeped in Orange-flour-water: then pull out and fashion him a Tail out of the other end of the Fold, raise it as high as may be.

Like a Hen and Chickens: Pleat your Napkin like the former, but instead of porting your Selvages on the Bread, you must make many little Heads of Chickens, as if they were coming out from under the Wings of the Hen.

Like a Whir: Pleat your Napkins in the same manner as you did that of the Cock; then open them, and lay long Loaves under the Plate in the middle; then draw a Seat out of the Fold, and four feet out of

of the four Corners of the Napkin, and put in a small Loaf at one end under the Fold, and so form out the Head, Ears, and Neck.

Like a Pig: Pleat your Napkin overthwart in very small Pleats, and pinch it, and then put in a large long Loaf between the middle near the end, and at the other end another Loaf for the Head; then fashion the Head, Ears, and Tail: as for the Feet, you may make them out of the four Corners, and a Tail out of the middle of the Napkin.

Like a Turkey: First fold your Napkin as for the Cock, and put a large Loaf under it, and make a Comb of a bit of red Taffaty that may hang down on its Beak, and stick the Head, and Throat with small Flowers of different Colours; then pull out a Tail at the other end of the Fold, and the Wings from both sides.

Like a Carp: Make a Band about half a foot wide at one end of your Napkin, and make it so that the Hemm may join to the end of the Band that is indifferently large; then pleat it at its length, and pinch or freeze the Band, but leave the breadth of your four Fingers without freezing all the rest, to within four or six Fingers breadth of the end, which you must leave unpleated to make a Tail; then

open the band, and put in a round Loaf to fashion the Head, and a long Loaf for the fashion of the Body: So you may fashion a Pike, and many other pretty Devices, that will be very taking and pleasant at an Entertainment.

Stature to restore: Take an Artichoke, and dress it with Milk; that is, first boil your Artichokes in Water till the Leaves will just draw off, then put them in new Milk, and boil them thoroughly; then bruise the Pulp in the Milk, and add a little Mace and grated Nutmeg, sweeten it with Suzar, and eat often of it with a Spoon. It exceedingly restores decayed Vigour, and strengthens not only the Spirits, but the whole Frame of the Body. The Germans and French usually eat the tender Stalks of this Plant boiled with Butter and Vinegar: the Italians seldom boil the Heads, but eat them raw, with Salt, Pepper, Oil, and Vinegar: they are moreover held to provoke Venery, and the Decoction of the Buds drank, provoke Urine.

Stomach: When the Stomach, or Appetite is offended in this manner, and brought to a kind of Loathing, Take the Powder of Fennel-Seed, in a Glass of White-wine, sweetened with Sugar, every morning fasting, till the Offence be removed. This likewise wonderfully clears the sight,

fight, strengthens the Stomach and being mixed with pectoral Medicines, it relieves those that are Asthmatick. It also resists Poyson, and the Leaves of Fennel, boiled in Water, wherein Barley has been boiled, encreases Milk in Nurseries; and a Concoction of the Seeds and Leaves, give ease to the Nephritick Pains, forces Urine, and expells Gravel; the Roots provoke the Courses, open the Obstructions of the Spleen, and Liver, and mainly help the Jaundice. The whole Herb shred and boiled in Broth; takes away Fat, and keeps the Body in a good Proportion. Many other Vertues are ascribed to it.

Neats-foot-Oyle: To do this, boil the Neats Feet, then take out the Bones, and put as much Beef-suet as will answer their quantity; mince them, and then season them with Cloves and Mace, finely beaten; add then some grated Nutmeg and Sugar, with a little Salt, put them into the Coffin or Past with some Barberries, Currans, and Raisins of the Sun; bake it well, and serve it up hot.

Neats-feet Fricassee: First boil, and then blanch them, split them, and fry them in clarified Butter, or you may Bone them, and fry them in Butter, Strong Broth and Salt, having fried a while, put into the Pan some green Chibboks, and minced Parsley,

some beaten Pepper, Thyme and Sparemint chopt very small; when almost enough, make a Sauce of the Yolk of six Eggs dissolved in Vinegar, some Mutton Gravy, a little Nutmeg with Juice of Oranges or Lemons, and so Dish them up.

Neats-feet Roasted: Your Neats feet, must be first boiled, and blanched, and when they are cold Lard them, and make them fast to a small Spit, baste them with Butter, Vinegar, Sugar, and a little Nutmeg; when enough, have in readiness a Sauce made of Claret, White-wine-Vinegar, and Toasts of brown Wheaten Bread strained with the Wine through a Strainer; then add thereto Ginger, and beaten Cinamon, a few whole Cloves, put all into a Pipkin, and stir it with a Branch of Rosemary, till it be pretty thick.

Neats-Tongues to dry: Take Bay-Salt, beat it very fine, so that it may be sifted through a fine Hair-Sieve, and Salt-Peter, of each a like quantity; and having soaked your Tongues in warm Water, rub it on very well in every part, especially at the root, then lay them in a place where they may be covered with the Salt, and as that waists, put on more; and when they become sufficiently hard and stiff, then rowl them in Bran till they are dry, put them into a Mold a while, then dry them in a Kill, with a

soft

loft Fire; or for want of that necessary Implement, you may hang them up in a Chimney where the Smoke comes but little at them, and when they are sufficiently dried, press them out somewhat flattish, and at length, and so put them in dry Boxes, and keep them for use.

Neats-Tongues to dry, another way: Take Bay-salt bruised small, and Salt-peter, a like quantity; rub the Tongues well with a Linen-Cloth, then put the Salt to them, forcing it in, especially at the Roots; and as it waists into Brine, add more; when they are hard and stiff, then they have taken Salt enough. Rowl them in Bran, and dry them in a Mold over a Sawdust Fire, or for want of such a Material, hang them up in a Chimney; and when you boil them, let it be in Spring-water, and it will make them look the redder.

Neats-Tongue to Roll: Take your Tongue, boil it in Water and Salt; or you may Salt it a little, and only boil it in Water till it be tender, then blanch it, Dish it and stuff it with minced Lemons, mince the Peel, and strow all over it; then run it over with drawn Butter.

Neats-Tongues, divers ways: Take a Neats-Tongue, being boiled tender, blanch and slice it into thick slices about the bigness of a Shilling;

fry it in sweet Butter, and being enough, put to them some strong Broth, Gravy, Nutmeg, Salt, and Saffron; stew them together, and then have some Yolks of Eggs, beaten up with Grape Verjuice; put them into a Pan, and give them a toss or two, and the Gravy and Eggs being pretty thick, dish it on fine Sippets, or make the same with Cinamon and Saffron: sometimes you may slice them as aforesaid, no bigger nor thicker than a Three pence, and used in all points as before, but only add some Onions fried, and stew it with Mushrooms, Nutmeg, and Mace, and serve it up on Sippets, first rubbing the Dish with a Shalot; or you may stew it with Raisins, Mace, and blanched Almonds, or Pistaches, Marrow, Claret-wine, Butter, Salt, Verjuice, Sugar, Strong Broth, and Gravy, the Yolks of six Eggs, with Vinegar or Grape-Juice, and so serve it up on Sippets.

Neats-Tongue roasted, the French Way: Boil and blanch it first and when it is cool, take out the Meat at the great end, leaving the Skin whole; and having minced it with Sweet Herbs and Apples, as also the Yolks of Eggs boiled hard, and Beef Suet, beaten with Salt and Ginger, fill up the Skin again, till it appear to be a perfect Tongue as before; and having stopped the

the

the hole with some Mutton-Skin or Caul of Veal, lard it with small Lardings of Bacon, and tie it to a Spit; and then being roasted, make Sauce with Gravy, Nutmeg, Butter, and the Juice of Oranges, and serve it up with Lemons sliced, and pickled Barberries.

Neats-Tongue Fryed: Boil it first, and take it off; then cut it into thin slices, season it with Nutmeg, Sugar, and Cinamon, dip the Slices into the Yolks of Eggs, add the Juice of Lemon, and mix them together, then having your Pan pretty hot with sweet Butter in it, take up the rest in Spoonfuls, and put them in, then being fryed enough, serve them up with White-wine, Sugar, and Butter, well beaten together.

Neats-Tongue Pye: To do this, Take a couple of large Neats-Tongues, set them over the Fire in Spring-water, and parboil them, pare off the Roots and the Skin, mince the Meat with Beef-suet, and a little Parsley, sweet Marjoram, Thyme, and Pennyroyal; season it with grated Ginger, beaten Mace, Cloves and Pepper finely sifted; add to these grated Bread and fine Sugar, and the Yolks of three or four Eggs; make your Coffin into the fashion of a Tongue, and put these in, bake it, and then make a Liquid of Butter and Verjuice with some Sugar and Rose-water, and pour it in at

a vacant place, left for that purpose, or raising the Lid on one side.

Neats-Tongue Pye, another: Take fresh Neats-Tongues, boil, blanch, and mince the Meat with four pound of Beef-suet by it self, mingle them together, and season them with an ounce of Cloves and Mace, finely beaten, some Salt, half a preserved Orange, and a little Lemon-peel minced, with a quarter of a pound of Sugar, four pound of Currans, and a little Verjuice, and Rose-water, and a quarter of a pint of Canary; stir these all well together, and fill up your Pyes in Coffers of what Figure you shall think fit or convenient.

Neats-Tongue otherways: Boil a fresh Tongue very tender, and blanch it; and when it is cold, slice it into thin slices, season it lightly with Pepper, and Nutmeg, Cinamon and Ginger, all finely beaten; then put into the Pye half a pound of Currans, lay the Meat on, and stoned Dates in halves, the Marrow of four Bones, large Mace, Grapes, or Barberries, and Butter; close it up, and bake it: then liquor it with Claret, Butter, and Sugar, and so ice it over.

Neats-Tongue, to roast: Take a Neats-Tongue tender-boiled and blanched, and when it is cold, cut a hole in the but-end, take out the Meat, and put in the Meat minced with

with sweet Herbs finely shread, a Pippin, and two or three hard Yolks of Eggs minced, as also Beef-suet and Bacon made very small; mix with all these Ingredients, beaten Ginger, and fine Salt, fill the Tongue, and stop the end with a Caul of Veal, lard it, and roast it, and then make Sauce with Butter, Gravy, and the Juice of Oranges.

Neats-Tongue and Udder to roast: Take your Tongue and Udder, Parboil them well, then blanch the Tongue, and lard them both with great Lard, but first season them with Pepper, Nutmeg, Ginger, and Cinamon; then roast them and baste them with Butter, and when they are almost roasted, dress them with Flour, mingling therewith some of the above-named Spices beaten small. Dish them up with a little Butter, Gravy, Juice of Oranges, Sugar and Slices of Lemon.

Neats-Tongue Stewed: Boil them first very tender, then slice them, and put them into a Pan with fresh Butter, fry them a little, and so put them into a Pipkin, or Stewpan, with some Gravy, or Mutton-Broth, large Mace, and sliced Nutmeg, Pepper, Claret, and a little Wine, also a little Vinegar and Salt; and when the Stewing at your discretion is almost compleated, then put to the Meat two

or three Slices of Oranges, Asparagus, Skirts, Chesnurs, and serve them up on fine Sippets, cover them with Butter, slices of Lemon, and Marrow.

Neats-Tongue in Pot: Take the largest Neats-Tongues, salt them well, two Days after pour away the Bloody Brine, and Salt them again, let them lie in that Salt a Month, then take some Salt-peter, and a little Roch-Alom beaten together; and rub them over with that, and let them lie one Week, then boil them till they be tender with some Hy on the top of them, then take them out of the Kettle, and pull off the Skins; then hang them up in a Chymney where Wood is burnt, for four Days and Nights, then melt some Butter with Spice, as you do for Potted Fowl, and put your Tongues in a Pot, and pour that over them; and when they have been Potted one Month, take out one and eat it with Mustard, and Sugar, or Mustard alone, these will look very Red, and eat Pleasantly.

Neep, or Catmint: This procures the Courses, and being taken inwardly, or outwardly alone, or with convenient Herbs to bathe them, or sit over the hot Fumes of it, and by frequent use, it removes Barrenness, and the windy Pains of the Mother; it is used likewise in pains of the Head, proceeding from cold

cold Causes, as Rheums, Catarrhs, Swimming and Giddiness of the Head, and is an excellent Remedy for Windyness in the Stomach and Belly. It is profitable in Cramps and cold Aches to dissolve the cold, and expell the Wind that afflicts the Parts where they happen, and is used for Colds, Coughs, and shortness of Breath. The Juice drunk in Wine is advantageous in Bruises. The green Herb when bruised, applied to the Fundament for two or three Hours, easeth the pains of the Piles; but the Juice being made into an Ointment, is the more effectual to that purpose. The Scabs, or breaking out of the Head, are taken away, being washed with its Decoction in fair Water, and has the same Effect upon the breakings out of any other Parts tending to the like nature.

Herbes to strengthen: Take of the Powder of Castor half an ounce, Spirit of Castor half a pint; digest them in the Cold ten Days, then strain out the Spirit, and when it is well settled, take ten drops inwardly in any proper Liquor. This not only strengthens the Nerves, and is good for the Diseases of the Head, and Rits of the Mother, but provokes the Courses, and remedies Deafness.

Herbes yicht: Take Peruvian Balsam, and warm it a little; then bathe it in, where the grief is; and in a little

time it takes off the acrimony of the Sanies, from whence proceed the Pain and Convulsion when we are wounded or bit by venomous Creatures. It is excellent in staunching blood, insomuch that it is affirmed, that the Beasts in Peru and New Spain, from whence it comes, finding themselves so hurt, by an Instinct of Nature rub themselves against the Tree from whence it issues. It is of a dark colour, fragrant Smell, and brought to us in little earthen Jars.

If a Nerve is pricks, the usual way to prevent Convulsion, or an extravagant Pain, is to cut the Nerve asunder: but in my Opinion, this following Application is better, first dry upon the wounded part, (and anoint it thereon) Oil of Peter, very well warmed, then lay on it Cotton, dip in Oil of Peter, or in Balsam of Peru, or rather of Chili, or clap over it this mixture: Take Balsam of Chili, of Peru, of each an ounce and half, Oil of Peter one ounce, Oil of Juniper, and Turpentine of each half an ounce: mix them well together; and lay it upon the Wound with fine Trew, binding it gently on, and at Night going to Bed, give a Dose of my Specifick, or Colatille Laudanum.

Herbes Uncubeted: To Remedy this, Take the Oil which is thus prepared; Pour de greasy three or four ounces of the best Camphire, and bring

ing put it into a Massesse, pour on of Spirit of Nitre, twice as much, stop the Vessel close, and set it over a Pot half full of Water, pretty well heated, frequently stirring it, to help forward the Dissolution; which will be done in two or three hours, and by this means you will find the Camphire turned into a clear Oil, which will swim above the Spirit, then separate it in a Vial for use. This is not only used to touch the Nerves that lye uncovered, but for the caries of Bones; yet this Oil is nothing but a Dissolution of the Camphire in the Spirit of Nitre; for if you cast Water upon it, to kill the Force of the Spirit, it will turn into Camphire as before.

Herbes Wounded: If the Nerves are Wounded, first wash with Generous White-Port-Wine, mix with an equal quantity of good Brandy, letting it be blood warm; then anoint it with Oil of Peter, or Balsam of Chili, and then lay over it the mixture in the former Section; or for want of that, this following mixture: Take Balsam de Chili, and Capivij, Chio Turpentine, of each two ounces, Oil of Peter an ounce and a half, Oil of Turpentine one ounce, Oil of Anised half an ounce; mix them, and apply it, renewing it Morning and Evening.

Nettle Juice: This is good to stop bleeding, and ease the Pains in the Head; being drunk it provokes U-

rine, and is helpfull in the Dropsie: the Leaves of Nettles made into a Poultice and applied to Inflammations and Tumours, allay them; mixed with Hogs Lard and Flaxseed.

Applewort: Out of this comes a bitter Milk, or whitish Juice, which being mixed with Woman's Milk, and a little Oil of Roses, and mingled well over the fire in a Sauce, is greatly available to allay the Heat and Anger of sore Nipples, and recover them so, that the Infant may suck without giving the Woman any pain.

Pitter: This is held an excellent Medicine for the Cholic, or any Pains, prepared after the following manner, viz. Take of the best Nitre an ounce, rub it sufficiently in a clean Mortar of Glass or Stone, then grind it with half a Scruple of Saffron, and of this Mixture take about half a dram at a time, infused in about three or four ounces of Spring-water.

Nodes: Nodes may proceed from several Causes, but their general Cause is Venereal, and though they may happen on the Head, fore head, Jaw, Arm, Wrist, Hand, Back, Thigh, &c. yet they mostly affect the Shin-bones: You must in this case, every Night, anoint with our Unguentum Mercuriale; or Unguentum Cosmeticum, and then apply over them, our Em-

Q plastrum

plastrum Mercuriale; this Course, being continued for some time, will dissolve them and ease their pain, unless the Bone be foul, in which case, it must be laid open and scaled, and then the Wound or Ulcer, heal'd as a common Ulcer. But notwithstanding all these external Applications, you must not be negligent of taking away the Original Cause, by Intervals, as with Aurum Vitæ, Arcanum Corallinum, Arcanum Jovis, the Prince's Powder, &c. all which Preparations, both External and Internal, you may see in our Pharmacopœia Chirurgica, now published in our Art of Chirurgery.

Noise in the Ears: Take the Oil of Ben-Nut, drop it into the Ear; and it not only cures the Noises, but in a great manner helps Deafness. It cleanses the Skin from Spots or Morpew, and the longer it is kept, the better it is. This Ben-Nut likewise mixed with Honey, dissolves hard Swellings, and the King's-Evil; made up to a Poultis with Barley-Meal, it is good in the cold Affections of the Nerves: Mixed with Meal of Lupins, it takes off the Obstructions afflicting the Liver and Spleen; it subverts the Stomach, occasions Nauseousness, and moves the Belly. It purges gross and clammy Flegm, by Vomit and Stool; wherefore it is good for a stegmatick Colick.

Noise, or Singing in the Ear: This is usually the Forerunner of Deafness, and few that have it to any purpose, escape the losing their Hearing, especially for a time; therefore the best way is timely to prevent it: to do which,

Take the Pills de Hiera, or Hieracum Agarice, with which the Apothecary or Druggist will furnish you. Take of them a dram at a time going to Bed, and settle your self as well as may be to rest;

This is cured by dropping into the Ear a few drops of the Guttæ Vitæ, every Morning and Night, for some few Days: Or you may drop into the Ear, the mixture. Take rectified Oil of Amber, Oil of Wormwood Chemical, of each two drams, Oil of Oranges and Lemons, of each one dram, Oil of Nutmegs and Mace by Expression, of each half a dram, Citrus a scruple, mix and dissolve; and drop it Morning and Evening into the Ear, for some days, stopping the Ear with Cotton or Lint, dip'd either in the same, or in a strong Tincture of Musk and Ambergiss.

Nose Bleeding: To stop this speedily and effectually, Take the long Catkins that grow on Hazle-Trees before they Leave, by some call'd the Nut-Blossoms, burn them so that they may be reduced to a Powder, but not to Ashes; and when the Blood issues from the Nose, blow up some

of it with a Quill into the Nostrils, and let the Party drink the Juice of Plantane, or Plantane-water and Milk, and the bleeding will stay: This also will stay inward bleeding till better Remedies can be obtained, though many times, of itself, it is effectual, and there needs no other, unless some large Vein be broke, or some extraordinary Flux of Blood other-ways happens.

Soles to Dye: This is meant of an Ox, Steer, Cow, &c. Boil them tenderly, and then fry them in sweet Butter; and when fried, put to them the Powder of Nutmeg and Anchoves dissolved in fair Water and White-wine, with a little Salt or Mutton-Gravy: give all this a warm over the Fire, and serve them up in a Dish; then run it over with Butter beaten up with the Juice of Oranges, Marrow, Sage-leaves, fried Parsly, and the Yolks of Eggs.

Surfes with to Increase: Take of Earth-worms an ounce, wash them well, and dry them so that they may be sweet, and yet be reduced to a Powder; then take half a dram, or two scruples for a Dose in a Glass of Candy.

There is nothing so good as Fennel-Seeds, which may be given half a spoonful at a time, two, three, or four

times a day, mixt with a good draught of Possie-drink; this besides breeding Milk in the Nurse, has the property of causing the Milk with the Child Sucks to expel Wind, and prevent the Gripes, which is very common in young Children.

Nutmegs are somewhat Astringent, and Stomachick, Cephalick and Uterine; help Concoction, dissipate Wind, take away the offensive Fumes of a strong Breath, are good in the Palpitations of the Heart, and prevent Faintings, lessen the Spleen, and stop Looseness and Vomiting, provoke Urine, and quicken the sight; are of great use in Fluxes, especially the Bloody-flux, having all the Virtues necessary for a Medicine fit for these Diseases: The Oil cleanses and defends the Bowels from sharp offensive Humours, and eases the Pains that frequently afflict them: The aromatick quality, consisting in the airy Spirit, penetrates the noble Parts, and administers Comfort, whilst the gross and earthy part dries up Ulcers, and cicatrizes them: Candied Nutmegs, or as they come over with their green Husks about them, are good in all cold Diseases of the Head, as Palsie, and other Diseases of the Nerves, and Womb, and are very Cordial: And notwithstanding all these Virtues in this one small Simple, yet if it be taken immoderately,

that is, in too great a quantity it proves very hurtful, occasioning sleepy Diseases, seeing they are very Narcotick, in so much that Tavernier relates That when these Nuts ripen in the Malacca Islands, where they chiefly grow, the Birds of Paradise come flocking to feed upon them; which they have no sooner done to any purpose, but a Giddiness seizing them, they fall on the Ground in a profound Sleep, or Doziness, and lye so long before they recover, that swarms of huge Ants that frequent those spicy Woods frequently eat off their Legs, or intolerably sting, and kill them in earnest.

Nutmegs Candy: Take a pound of fine Sugar, a quarter of a pint of Rose-water, and Gum Arabick three penny weight; boil them up to near a Candy height: then having soaked your Nutmegs in Water, put them into it in an ear-

then Vessel, cover it close that the Air may not come in, no more than through the porous Part, and keep them in a warm Place twenty Days, and they will be of a Rock Candy.

Butter Oil: Take small Nuts, break them in a Mill, or other ways, take out the Kernels, lay them in warm Water till the Skins or Husks come off them, then steep them in warm Salad Oil, and when they swell, take them out and press them, and a rigorous Oil will issue from them: put them into a Glass Vessel, and let it settle and clear twelve Days in a warm place, then use it as occasion requires. It is good for cold and Swellings, or Pains in the Joints, or Burns, Scalds, Tumours, especially with the Ointment of Marshmallows, and likewise with Tobacco.



B - Tree: This Tree in every part is astringent, but especially the Bark, the Decoction of which is good for the Bloody-flux, or Spitting of Blood. The Acorns are Diuretick, and the distil-

led Water of a young Oak is good for Womens Diseases. Those that are cut for the Stone use a Bath of it, made of the Bark, to heal the Wound or Incision. The Galls that grow upon our dish Oaks, not only make the

but are of many singular Virtues, as being powdered and drunk in VWhite-wine, to dissolve the Stone, or Gravel, ease Pains in the Bladder, or Reins, and cleanse the Stomach, causing a good Digestion.

Take of the VWater of Oak-Buds, and Plantain, of each three ounces; Cinamon-water Hordeated, and Syrup of dried Roses, of each an ounce; Spirit of Vitriol two or three drops, to make it pleasant and sharp, and take it Morning and Evening: it is excellent to stay immoderate Courses, and to prevent them.

Dates: They are Physically, moderately drying, restraining, and restringent; they are cool, and therefore boiled in Posset-drink, in Fevers they are good; being heated, and put into a Bag and laid to the Side, they ease Pains, likewise by such application, the Head-ach: The Ale made of them, cools and purifies the Blood, and eases the Heat and Pains in Urine: A strong Decoction of them eases the Flux in the Belly; and boiled with Figs, Licorice, and a little Honey, in Ale, they ease the violence of the Cough, or Cold; and in a little time, the liquid part drunk often as hot as may be, removes the Cause, and the Effects consequently cease.

Date-Cakes: Take fine Flour, mix it very well

with new Ale Yeast, and make it very stiff: then make it into little Cakes and rowl them very thin; then lay them on an Iron to bake, or on a baking Stone; and make a slow Fire under it, as they are baking, take them and turn the Edges of them round on the Iron, that they may bake also, one quarter of an Hour will bake them; a little before you take them up, turn them on the other side, only to flat them; for if you turn them too soon, it will hinder the rising; the Iron or Stone whereon they are baked, must stand at a distance from the Fire.

Odoriferous-Water: Take the Roots of Florence Oris, and Benjamin, of each one ounce and half; the best Storax six drams, Lignum Rhodium half an ounce; Aromatick Reed and Labdanum, of each two scruples; Flowers of Benjamin one scruple; beat them into Powder, and put them into a Matrafs, and let them macerate twenty four Hours in Balneo Mariae lukewarm, in a pint of Rose-water, the Matrafs being stopp'd; and then distill them in the same Bath a little shorter, and mixing with this Water Musk and Ambergrease six drams, keep it as a Water of a curious, wholesom, and odoriferous scent, to scent, or perfume Rooms, Gloves, or what else requires it.

This, for its admirable pleasant Scent, is called Angels-Water; It likewise contributes much to the lustre of the Face and Hands, being washed in it, mixed with a little of the Water of Fumitory. The Sediment dried and mixed among Cloaths, gives 'em a fine Perfume, and drives away Moths, Worms, &c.

Oil Anti-Epileptick: Take the Shavings of a dead Man's Skull, that died a violent Death, four ounces, Amber pulverized two ounces, mix them together, and put them into a glass Retort, fitted with a Recipient, and distill them in a Sand-Bath with a gradual Fire; rectifie the Oil mixed with Spirit, Phlegm, and volatil Salt, and separate them.

This Oil is beyond compare for the Epilepsie: A few drops of it taken in some cephalick Waters, as that of Bettony, Pellitory, Camomel, or Mint, you may take from three or four to five drops; Anoint with it, in great Rains, the insides of the Nostrils, Temples, and the sutures of the Skull, and immediate ease ensues.

Oil of Bayes: Take the ripe Berries, bruise and boil them a good space in Water, then strain it out; press the Berries hard, and when the liquid part is cool, skim gently the Salt that swims on the

Decoction, which is the Oil, and is good to extenuate, cleanse, and dissipate Wind in the Stomach: it dissolves cold Diseases in the Head, and cures the Pains of the Cholick.

Oil of Ben: It is made by expression, as in Oil of Almonds; the Nuts bruised with a few Aniseeds, and mixt with Water and Vinegar, and drunk, does purge the Body from both thin and Gross Humors, and gives ease in the Cholick. The Oil which is drawn out of the Nuts doth the same also, and provokes Vomiting, cleansing the Stomach of much foul Matter gathered therein; the Nut is soft in its gross Body much than the Stomach, which if it is resisted, loses much of its natural Quality, and then purges much downwards. The Oil given in Clysters is very good to purge the Bowels; and dropped into the Ears, helps the Noise in them, the Oil also is good against the Itch, Leprosie, Scabbiness, running Sores, roughness of the Skin, Morbours, dry Scabs, Scars, Wheals, Pinches, Fretting, and in the Face and Skin, especially if it is used with Vinegar and Nitro, or rather Saccharum Saturni; or mixt with the Head of Darnel or Orsbury, and applied Plaisterwise, in which manner it is good against the Pains of the Spleen, and the Gout; mixed with Barly Meal, and applied as a Cataplasm, it Comforts and Strengthens the Sinews, and is good against Cramps, Convulsions,

fevers, Noses, and hard Swellings. It is an Oil which never grows stinking, or rank, and therefore used by Perfumers; and although it has no smell of its own, yet it attracts, retains, and preserves the sweet Smells of Musk, Civet, and Ambergris, or other things, and keeps Gloves, Leather, and other like Materials, that they shall not admit of any Spot or Stain, or ever grow mouldy, as those things do which are perfumed with Oil of Almonds; and it is much fitter to receive the sweet Scents of other things, because it has no smell of its own, nor grows rank by long lying, &c.

Oil of Bitter Almonds: This Oil does very much attenuate, and dissipate VVind, cures the Noise of the Head, by dropping into the Ears; mollifies the Stubbornness of the Sinews, and opens Obstructions of the Liver.

Oil of Bitter Almonds, another: Take compound Oil of bitter Almonds two ounces, putting to it half an ounce of Sperma Ceti; mix and dissolve them; and with it anoint the Face when the Small-pox is drying; and by often doing it, it will make them shed kindly, without leaving any Marks.

Oil of Camomel: Take the Flowers of Camomel, the white Leaves taken away, bruise them, put them into a considerable quantity of Oil, and let them infuse in the Sun,

or some convenient Heat, covered with a single linen Cloath a considerable time, then press out the Oil, and keep it for use. This is Anodyne, and gives ease in the Cholick and Pleurisie, by bathing the affected part: It is also given in Clysters, to the same effect, with good Success.

Oil of Camomel, another: Take the Flowers, bruise them, and put them into Olive-oil, let them stand twelve Days, boil it a little, take it off and press out the Oil and Juice, put the Juice, or Oil, in a Glass, and put in fresh Flowers. This eases Pains in the Joints, softens Swellings, closes Chops, or Cracks in the Skin, and supple stiffness of any Member, and, in a great measure, gives ease, by being anointed with it very hot, or a linen Rag dipt in it, fixed to the place grieved.

Oil of Cinamon: Bruise four pound of Cinamon, infuse it in six quart of hot VVater, leave it to digest in an earthen Vessel, close stopped for two Days; then pour the Infusion into a copper Alembick, fit the receiver to it, and lute the Joints with a wet Bladder, distill with a pretty good Fire three pints of the Liquor; then unlute the Alembick, and pour into it, by Inclination, the distilled VVater, and at the bottom you'll find a little Oil; put it into a

Viol, and stop it close: distill the Liguor as before, and then return the Water into an Alembick. Take the Oil found at the bottom of the Receiver, and mix it with the first, repeat this Cohobation till no more Oil arises. This Oil strengthens the Stomach, eases Womens Deliverances, the Courses, and much encreaseth Seed.

Oil for Deafness: Take pressed Oil of *Ros.* bitter *Almonds* and *Bay-Berules*; of each two ounces; *Spicknard*, *Cassia*, *Scammony* and *Coloquintida* sbed, of each a dram; Juice of *Rue*, and *Whitewine*, of each an ounce and a half: put these into a Matrass close stopp'd, and let them digest twenty four Hours in a lukewarm *Balneo Maria*; then encrease by degrees the heat of the Bath, and boil them to the consumption of the moisture: then strain and press the Oil out for use, mixing afterward with it six grains of *Musk*.

This Oil put just warm into the Ears, a drop or two at a time, wonderfully helps Deafness in those that were not born so; but such as were born deaf very rarely recover, though some foolish pretenders to all manner of Cures, will, for the sake of your Money, promise infallible Success.

Oil of Eggs; Take the Whites of twelve Egg, beat them so that they become a kind of an oily substance, ex-

tract that and put one spoonful of the Oil of Tartar to it; mix them well together, and set them in the Sun, so that at the bottom a thick settlement will remain; take then the Oil that swims a top off, and put it into a Viol, and let it stand in the Sun till it becomes as white as a Card. This is exceeding good for Pains, Aches, Bruises, or any hot Humours settling, also for Burns or Scalds.

Oil of Eggs, another; Take Yolks of Eggs, and put them in a Pot over the Fire, let them stand till you perceive them to grow black, then put them in a Press, and an Oil will squeeze out of them, which is excellent good in all manner of Burns, and Scalds, Blasts by Lightning, or in Airs.

Oil of Fennel: Take two handfuls of the tops of Fennel, and put it between two Iron Plates, or clean Tiles, when they have been well heated in the Fire; and pressing them hard, you will find an Oil come out, or oily Liquid, good to anoint the Stomach with in the Phthisick, or any Inflammations.

Oil of Foxes; Take a Fox of about a Year old, flay, disbone it, and cut it to pieces: put to it four ounces of common Salt, Spring water as much as will serve to boil it; boil it in an earthen glazed Pot, covered over a gentle Fire, so

long that the Bones fast out; then strain out the Broth, and squeeze the Flesh till all the moisture comes from it; then put to it Dill and the Tops of Thyme, fresh gathered, of each two handfuls; Sage, Rosemary, and ground Pine, of each one handful; Sallad-oil four pound: return the Broth into the Pot, and having put in the Herbs and Oil, cover it very close, and let it stand twenty four Hours in a warm Bath; make it boil for two Hours, and then strain it strongly, pressing out the substance. Then separate the Oil, and keep it for your use.

This powerfully digests and dissolves cold Humours that fall on the Nervous and Membranous Parts: It is proper against all Infirmities of the Joints, Rheumatisms, Sciaticks, and cold Gout, and may be applied hot to the Parts alone, or mixed with other proper Unguents.

Oil of Lizards: Take pressed Oil of Walnuts, depurated, three pound, and three ounces of Whitewine, put them into a glazed earthen Pot with a narrow Mouth, set in *Balneo Maria*, boil it till it is exceeding hot; then take green vigorous Lizards, in number Twelve, Fifteen, or Twenty, as they are in bigness, suffocate them in the scalding Oil; and having well stopp'd the Pot, boil them

to the consumption of their moisture: then strain and press them, and reserve the pure Oil for use.

Oil of Lizards is commended, for making the Hair grow on bald Heads, &c. It is a Specifick to cure Burstiness, the Bowels being first put up, and the Party anointed with it very warm, then laying on the Panicle that incloses the Intestines of an Animal moistened with this Oil, and strewed over with some astringent Powder, binding on a good Pillow to keep the Bowels tight.

Oil of Mace: Three or four grains of it fasting, in a little Broth, eases the Pains of the Cholick and Strangury; it comforts the Heart and Stomach, and helps cold Diseases of various kinds. Anointed upon the Pit of the Stomach, it strengthens it, comforts and warms it, and is good against Vomiting, and Pain of that Part: it is also good against the Cholick, and all sorts of grippings of the Guts, outwardly anointed upon the Stomach and Belly, and inwardly taken from three grains to a scruple, according to the Age of the Patient. Be sure that you chuse that which is good of the kind, by Expression, and not the Counterfeit sort, which is worth little, and only delays the expellation of the Patient. Anointed upon the Nostrils, Forehead, and Temples, it eases the Head-ach,

and

and Megrim, proceeding from a cold cause, and being applied, gives ease also in the Gout.

Oil of Mint: Take the Leaves of fawn Mint, bruise them, let them macerate with the Juice in Oil Omphacine, and change and boil it, as you do Oil of Roses. This greatly strengthens the Stomach, a few drops being taken in Wine, Beer, or Ale, and the Stomach anointed with it; it also helps Concoction, and does many other good Offices, proper to an excellent pectoral Oil.

Oil of Mustard-Seed: Take two pound of the plumpest Mustard-seed, four pound of Olive oil, grind them together, and let them stand nine Days; then press out the Oil, and keep it for your use. It is excellent in case of the Palsie, Gout, Itch, or any other such-like Maladies.

Oil of Hard: Take of Spicknard, cut small and bruised, three ounces, strong Wine five ounces; put them into a strait-mouthed glazed earthen Pot, and let them infuse in a moderate hot place; then add half a pint of Olive-oil, stop up the Pot, and keep it in a boiling Balneo Mariae till the Wine be almost consumed: after that strain and press it strongly, then separate the Oil from the scæces, and keep it stopped very close for your use.

This Oil is proper to Heat, Digest, and Attenuate, being a moderate Closer, so that it is very useful against Cold and Windy Afflictions of the Brain, Stomach, Liver, Kidney, Spleen, Bladder, and Matrix; it unstops and purges the Brain; Cotton being dipped in it, and put to the Nostrils, asswages the Pains of them; it is good against the Palsie and Shaking of the Nerves, also Tumours, Suffocations, and Stranglings of the Matrix, being used as a Pessary; it is also used, by way of Injection, to assuage and allay Pains, or heat of the Bladder.

Oil of Neats-Feet: Boil Neats-feet, and you will find an oily quality swimming on the top, scum it off, and purrify it; and in case of any Afflictions of the Nerves, anoint the Place grieved with it as hot as can be endured, and it will extreamly strengthen them, taking away Pains, Aches, or Weakness in the Back, Reins, Muscles, Joints, or Nervous parts, when anointed with it Morning and Evening. It likewise cures a wasting Consumption, or Pining in any part of the Body, being anointed often with it, by reason it nourisheth the fleshy, or musculous Parts, adding strength to them; but is more powerful in its operation, if you take a pound of it with the Oils of Amber, Lavender,

Lavender, Rosemary, Oranges of each an ounce; Camphire half an ounce: mix these well together, and in case of Strains, Coldness, or Weakness of the Joints anoint them with it, chafing or rubbing it in warm, you will find wonderful ease, and a cessation of Pain; it makes likewise the Skin plump and smooth.

Oil of Drizay: Take thirty Scorpions, Oil of Bitter Almonds two pound; put them into a narrow-necked Vessel, and let them digest for thirty Days in the heat of Summer in the Sun; then strain it out, and keep it close stopped.

This is the Counterfeit sort, which is almost every where sold for the true. But the true, is the Oil made out of the Osprey or Sea Eagle is self: it is taken out of its Ramp, and is used chiefly for the catching of Fish: but it is a Fabulous Story, for that they pretend, that it catches Fish by alluring them, and stupefying them; whereas it has no such Virtue at all, nor any Sympathetick power in the least to force; so that the putting this Oil into their Fishing Receipts, for such a purpose is altogether as foolish, as it is false, and destitute of the Faculty they pretend to be in it.

This is good against the Stone or Gravel in the Kidneys, the Reins being nointed with it, as also the Share and Perineum; and injected

into the urinal Passage, it is also good against the Bite or Sting of any venomous Creature, and the malignity of the Plague. Some think it should be used only as an Ointment; but others hold it may be given inwardly against the Pains of the Cholick and Stone, the Dose being from one to two drams in any Powder or Vehicle.

Oil of Scorpions: Take those of a middle size, when the Sun enters Leo, to the number of thirty; Oil of Bitter Almonds a quart: set them in the Sun forty Days, then press out the Oil, and keep it close stopped.

This is a good Oil for the King's-Evil, old Sores, Cancers, Inflammations, and Defects of the Skin: It gives ease to the Stone, the Reins and Flanks being anointed with it, and cures the Biting of poisonous Creatures.

Oil of Vipers: Take live Vipers, large, fat, and vigorous, in number twelve; the best Olive-oil two pound; strong Whitewine Eight ounces: put the Oil into an earthen Vessel well glazed within. Let it boil in a hot Bath till you cannot endure to put your Finger into it; then plunge the Vipers one after another into the Oil, and when they are stifled, pour in the Wine prescribed; cover the Pot, and let it boil till the moisture of the Vipers is almost

most consumed; then strain and press out the Oil, and separate it from the faces, and keep it for use.

This is chiefly commended for taking away the Deformities of the Skin, as Tetter, Scurf, Leprous Ulcers, and highly esteemed for those Ulcers that are caused by a venereal Poison; the use of it externally, is alone, or in Liniments, or Pomatums: It is also recommended for allwaging the Pains of the Hemorrhoids, and to facilitate the Delivery of Women, the whole Region of the Belly being anointed therewith.

Ointments for Burns: Take sweet Butter two pound, melt it over a moderate Fire, and add to it an ounce of Venice Cerusi-powder, Camphire a dram, mixed with a little Spirit of Wine, and make them up into an Ointment over a gentle Fire.

This Ointment, among the Professors of Chirurgery, has a great Esteem: For it not only cures common Burns, or Scalds, but those with Gun-powder, Lightning, melted Sulphur, or Lead, if curable.

Ointment for the Small-pox: If you would prevent Scars, and pitting in the Face, Hands, or any part of the Body, Take a piece of fat rusty Bacon, with the Rind off, and put it on a Spit, let a pewter Platter under it with fair Water, and let the Fat drop into it; and when it has

dripped away as much as is convenient, heat the Dripping and the VWater together about a quarter of an Hour, and let them stand till they are cold; then pour out the VWater, and pass the Fat with mixing through two or three VVaters, till all the saltiness, and offensive Scent is gone: then wash it in Rosewater, and put it up in a Gally-pot; and when you use it, melt it and patle it on your Face with a Feather, often so doing till the Scabs and Scurf come clear away, and a delicate smooth Skin appears under them.

Ointment for Sores, Old or New: Take Honey of Roses, and common Honey, of each four ounces; Oil of Turpentine an ounce, and three quarters; the Yolk of two new-lay'd Eggs; mingle them well, and keep them stirring over a gentle Fire, till they become an Ointment: then dip Rags and Pledgits in it, and lay to the grieved Place, often renewing them.

Ointment for the Spleen: Take Gum Ammoniacum, Galbanum, Oppopanax, Sagapenum, Tacamahacca, Sarcobarnum Saturni, all pure and clear, of each an ounce; mix and dissolve all over the Fire, with a little Vinegar; then add Sheep Suet, Oil of Bees, of each six ounces; Bees-Wax, Turpentine, of extract of Aloe, of each six drams; Camphire, of each six drams; Turpentine, Gum Elemi, Balsam

Balsam Capivi of each half an ounce; mix and make an Ointment. **Soft Emplaster:** It is a wonderful thing, to cure and dissolve Tumors, both of Liver and Spleen, and other hard Swellings, in any part of the Body, chiefly an Ointment in the Neck, and good use to any part, though the Pain is under the Pleurisy. It is good also against the Pain and Hardness in Women's Breasts, whether it proceeds from Cold, the curdling of the Milk, or from Blows. It is indeed a most excellent thing, and ought to be esteemed as a Jewel.

Ointment for Ulcers: Take six pound of Butter made the latter end of May, or beginning of June, boil it over a gentle Fire, clarify it, and take away the dregs, then add yellow VVax four pound, Rosin two pound, and Venice-Turpentine one pound: make these into a proper Ointment over a gentle Fire.

This Ointment is very solid, that it may continue on the Parts grieved, and is not only proper for the Cure of Ulcers in the Legs, but for Tetter, Chilblains, Chaps, and Rits of the Breasts, and other Parts of the Body.

Diets: The Flesh of this Fish is nutritive, Stomachick, and restorative in Consumptions, being either pickled, stewed, roasted, or eaten raw; they upon Obstructions of the urinary Parts,

and encrease Seed; eaten raw, they cause a good Appetite, and are easy of Digestion, confirm a weak Stomach, and create good Nourishment to decayed Members. There are Waters, Oils, Spirits, and Volatil Sales, drawn from Oysters in this manner.

Take five quarts of large Oysters, when out of the Shells, put them into a Cucurbit, and in Balneo Maria distil off the Water to dryness, that is Flegm, with very little Volatil Salt in it. This may be used in all Cases where a Milk-Water is requisite. Then put the dried Oysters at the bottom into an earthen Retort, or a glass one well coated, fixing it to a large Receiver; and upon the Fire, tho' not too violent, draw off the Spirit, Oil, and volatil Salt:

let the Fire at first be very gentle to bring forth the remaining Flegm, then increase it gradually, that the Spirit may follow in white Clouds; then continue the Fire, increasing it to the highest degree: so will the volatil Salt and Oil, ascend and come forth, which rectified, separate and keep for use.

The Salt restored in Consumptions. It is good against all Disorders of the Head, Brain, and Nerves, as the Apoplexy, Epilepsy, Vertigo, Lethargy, and Palsie; it also Pleurisy, and all Obstructions of the Lungs and Breasts: Stoppages of Urin, Jaundice, and the like: you may take it from four grains.

grains to swallow. The Spirit has the same Virtue, but is weaker; and therefore may be taken from twenty four to forty, fifty, or sixty Drops. The Oil smells very strong, and therefore must be rectified. The smelling to it is good against Vapours, and Hysterical Fits, especially being anointed on the Nostrils. Take of the Oil two ounces, Spirit of Niter one ounce: mix and digest them ten Days; then add eight ounces of rectified Spirit of Wine, and digest it a Month; filter it, and keep it close. This opens Obstructions, and prevails powerfully against the Cholick, and other windy Obstructions of the Bowels. The Dose is from twelve to thirty drops.

Oysters to Broil: Take the largest Oysters and put them into Scollop Shells, or into the biggest Oyster Shells, with their own Liquor, and set them upon a Grid-iron, over Charcoals, and when you see they be boiled in the Liquor, put in some Butter, a few Crumbs of Bread, and a little Salt, then let them stand till they are very brown, and serve them to the Table in the Shells upon a Dish and Plate.

Oysters Broil'd the Dutch way: Take two quarts of large Oysters, open and parboil them in their own Liquor: put them into a strainer, and then into a Pipkin, with some Mace, Butter, and slices of Onions; then stow

them, and after that lay the Shells on a Grid-iron, and put two or three of them into a Shell, and there let them broil or stew in their Liquor; and so setting them on Plates, fill them with beaten Butter, and serve them up.

Oyster Cakes: Take three quarts of large Oysters, ready opened, and parboiled in their own Liquor, then wash them in warm Water; dry them, and mince them very fine, season them lightly with Salt, Pepper, Cloves, Mace, Cinnamon, Carraway seeds, some minced Raisins of the Sun, sliced Dates, Currans, Sugar, and half a pint of Whitewine: mingle all together, and put Butter in the bottom of the Pie; so fill them up and bake them. These must be very small Pies, and ten or twelve of them served upon a plate together.

Oysters to fry: Take of the largest Oysters, wash them, and dry them, and beat an Egg or two very well and dip them in that, and so fry them, then take their Liquor and put an Anchovy to it, and some Butter, and heat them together over the Fire, and having put your fried Oysters into a Dish, pour the Sauce over them and serve them in.

Oysters, another way: Take the largest, wash them in warm Water, then parboil them,

them, and save the Liquor; and steep them in Whitewine-Vinegar, sliced Nutmeg, large Mace, whole Pepper, Cloves, a little Salt; and having given them a warm on the Fire, set them off, and let them steep two or three Hours; then take them up, and dry them, and dip them in a Batter made of Flower, and the Yolks of Eggs, some Salt, and Cream, and so fry them; and when they are fried, keep them warm: then take some of the Spices, Liquor of the Oysters, and some Butter, beat them up thick, with some slices of Orange, or Yolks of Eggs, and dish the fried Oysters over a Chafin dish of Coals: run the Sauce over them with the Spices, and garnish them with Barberries, and grated Manchet, and then serve them up.

Oysters to Pickle: Take great Oysters, open them and save their Liquor, then strain it from Drops, add to it some Whitewine, and Whitewine-Vinegar, a little Salt, and so let them boil together a while, putting in whole Mace, whole Cloves, whole Pepper, sliced Ginger, and quarter'd Nutmegs, with a few Bay-leaves; when the Liquor is almost boiled enough, put in your Oysters and plump them, then lay them out to cool, then put them into a Gally-pot or Barrel, and when the Liquor is cool pour it over them,

and keep them from the Air.

Oysters to Roast: Take the largest, and spit them upon little long Sticks, and tie them to the Spit, then lay them down to the Fire, and when they are dry, baste them with Claret-Wine, and put into your Pan, two Anchovies, and two or three Bay-leaves; when you think they are enough, baste them with Butter, and dredge them, and take a little of that Liquor in the Pan, and some Butter, and beat it in a Porringer, and pour over them.

Oysters to Stew: Take two or three pints of large Oysters, parboil them in their own Liquor, then wash them in warm Water, wipe them dry, Flower them, and fry them in clarified Butter, very white: then take them up and put them into a large Dish, with Whitewine, a little Vinegar, five ounces of sweet Butter, some grated Nutmeg, large Mace, Salt, and three or four slices of an Orange; Stew them but a little while, and Dish them up on Sippers, pouring on the Sauce, and running it over with beaten Butter, garnishing it with sliced Orange or Lemon.

Oyster-Jelly: Take ten Flounders, two small Pikes, or Plaice, and four ounces of Isinglass finely cleansed, boil them in an earthen Vessel in two quarts of Spring-water, and

and as much Whitewine, with some sliced Ginger, and large Mace; and being boiled to a Jelly, strain it through a strainer into a pretty deep Dish, and when it is cold, pare the top and bottom, and put it into a Pipkin with the Juice of six or seven Lemons to each two quarts of Jelly, also three pound of fine Sugar beaten with the Whites of twelve Eggs. Rub altogether with a Rolling-pin, and put among the Jelly, being melted, but not too hot; set the Pipkin on the Fire to stew, put into it a grain of Musk, and as much Ambergrease well rubbed, and let it stew half an Hour on the Embers: then stew the Oysters in Whitewine, their own Liquor, and the Juice of Oranges, Mace, sliced Nutmeg, whole Pepper, and some Salt; and having dished them with some preserved Barberries, large Mace, or Pomegranate kernels, run the Jelly over them, and garnish them with preserved Lemons, large Mace, and preserved Barberries.

Oyster-Pye: Parboil your Oysters, and season them with Pepper, Salt, and Nutmegs, and the Yolks of hard Eggs; and the Pye being made, put a few Currans in the bottom, and lay on the Oysters, with some sliced Dates, Blades of large Mace, sliced Lemon, and Barberries; then put on Butter, and close it up, and

bake it; then liquor it with Butter, Whitewine, and Sugar bear up together.

Or this way: Season them as before, but boil them not; put in two or three Onions cut in quarters, but leave out the Currans, and Sugar, slice a Nutmeg on them; as also hard Eggs must be laid in halves with large Mace, and Barberries; Liquor them as before, only add to the Liquor, Juice of Oranges.

Oyster-Shells: Take the inward part of the Shell, that is of a shining White, or Pearl colour, and reduce it to powder by calcining: It easeth Heart-burnings, and the Pains of the Stomach, and Cholick; as also other Pains of the Bowels, proceeding from sharpness of Humour; it cheareth the Heart, and has almost the Virtue of Pearl.

Olives, their Virtues: Olives are gathered, either that Oil may be extracted out of them, or that they may be reserved for Banquets by pickling them in Salt and Water; The Olive hath in it a very restraining Virtue; for the Decoction of the Leaves in a Clyster, stayeth the Flux of the Belly, and the Juice with Whitewine, or fair Water, being often drank, restraineth the Bloody-flux: The Sap distilling out of the Olive-Tree, or that out of the Wood where it is burning, cures the Itch, Tetter, and Ring-

Ring-worms, Leuk-Olives, especially being eaten, provoke Appetite, and get a good Stomach: The Oil extracted, or rather flowing from them of its own accord, is of singular Virtue, being either applied outwardly, or inwardly, according to the indisposed Parts of the Body: It looseth and mollifieth the Belly, abateth the force of Poison taken inwardly; and if any Venom, Burn, or Scald, happen on the outward Parts, bath it well with this Oil. It is so generally approved, that few Oils, Unguents, or Salves, are compounded without it.

Olive Pye: Take Veal or Mutton, and cut it into thin Slices, hack them with the back of your Knife, and spread them abroad, then take Strawberry-leaves, Sottel, Violet-leaves, Endive, Sage, Parsley, Spinage, Savory, Marjoram, and a little Thyme, mince these small with the Yolks of hard Eggs; add to them half a pound of Currans, Nutmeg, Pepper, Cinnamon, Sugar and Salt, some minced Raisins, Goosberries and Dates minced small, mingle these together, and strow them on your Slices of Mutton or Veal, then rowl them up, and put them into a Pye, lay on the top of them some Dates, Marrow, large Mace, and Butter, close it up, when baked, liquor it with Ver-

juice, Sugar and Butter, and so serve it up.

Oleum Magistrate: Take a quart of the best old White-wine, Olive-oil three pounds, Hypericon half a pound, Carduus Benedictus, Valerian the least, and Sage, of each four ounces; steep them in the Wine and Oil twenty-four Hours, then boil them in a nealed Pot, or copper Vessel, keeping them stirring over a gentle Fire, till the Wine is consumed; strain it, and melt in it a pound and half of Venice-Turpentine, then set it again on a soft Fire a quarter of an Hour, add Olibanum five ounces, Myrrh three, Sanguis Draconis one ounce, and make it into an Ointment. It's good against Sores, Wounds, Gun-shot, Balsts by Gunpowder and Pains in the Joints.

Onion: This is proper to such as are afflicted with cold vicious Humours, because they procure Sleep, and help Concoction, prevent sower Belchings, open Obstructions, force Courses, and the Urin, promote insensible Transpiration; but are not proper to be taken by those that are of colerick Constitutions, because they disturb their Heads, and cause troublesome Dreams, and offend the Eyes; an old Onion steeped in Water a Night's time, and the Water with a little Honey, given the next Morning, kills the Worms in Children: a large Onion

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filled with Venice-Turpentine, and roasted, softens hard Swellings, laid Plaisterwise: also opens them: a raw Onion, stamped with Salt, draws the Fire out of Burns, or Scalds; and the inward Cloves, under the several Coats of a raw Onion, laid to the Gums, ease the Pains of the Tooth-ach.

Opiate-Plaister to make: Take the great Diachylon four ounces, Quick-silver two ounces, Opium one ounce; mingle them, and make them into a Salve, with a very gentle heat, and apply Plaisters of it to any Part afflicted with Pains or Aches.

Opiate for the Tooth-ach: Take Camphire two drams, Castor half a dram, Opium one dram; bring these into a powder, mix them with the Syrup of Gilliflowers, and make an Opiate.

This asswageth the Pains of the Teeth very speedily, and if any of them be rotten, put a very little of it into the hollow Tooth, and leaving it there, it will ease it.

Oranges to Dry: Rasp or scrape off their outward Rinds, cut them into halves, and take out their Pulp; lay them in Water three or four Days, then shift them into fresh Water, and boil them tender, shifting them likewise in boiling, to take away their bitterness; When they are tender, take them out, and wipe them with a clean

Cloth, and put to them as much clarified Sugar as will cover them, and let them boil leisurely two Hours; then take them off the Fire, and put them into an earthen Vessel for four Days; then set them on the Fire again till they be thorough hot: let them drain, and take fresh Sugar, boil it to a Candy height, and put your Oranges to the hot Sugar; which being boiled up, take out the Oranges, and lay them on a Wyre, or Sieve, to dry in a Stove, or Oven, and within ten Days they will be dry, and fit for use. In this manner Lemons are candied.

Oranges and Lemons to Preserve: Take the fairest, and cut them in halves, or if you will do them whole, then cut a little hole in the bottom, so that you may take out all the Meat, lay them in Water nine Days, shift them twice every Day, then boil them in several Waters, till a straw will run through them, then take to every pound of Orange or Lemon, one pound of fine Sugar, and one quart of Water, make your Syrup, and let your Oranges or Lemons boil a while in it, and let them stand five or six Days in that Syrup, then to every pound put one pound of Sugar more into your Syrup, and boil your Oranges till they be very clear, then take your Oranges out, and boil your Syrup

Syrup almost to a Candy, and put to them: thus they will have a Rock Candy on them in the Syrup.

Orange - Marmalade: Take the fairest Kind Oranges, cut them in halves, and take out the Pulp, boil the Peels tender in fair Water, often shifting, to take out the bitterness; then take them up, and squeeze all the Water from them, beat them in a stone Mortar with the Pulp of three or four yellow Pippins; then strain, and boil it with stirring until it become thick; take it from the Fire and lay it on white Paper, and take as much refined Sugar as the Pulp weighs, put it into a Pan, with as much Rose-water as will melt it; boil it to a Candy height, and put the Pulp into the Sugar, keeping stirring till it rises from the bottom of the Pan: then put it into Boxes and so into a Stove uncovered; and when it is tolerably dried, cover it up for your use.

Oranges, a Paste: Take Oranges well coloured, and boil them in Water, shift them six or seven times in the boiling, and put into the first Water a handful of Salt; then beat them in a wooden Bowl, with a wooden Pestle: strain out the Pulp, and take the weight of Sugar equal to them; boil it up to a Candy height, dry it on Plates, and fashion it as you please: And

in this manner you may make Paste of Lemons, or Citrons.

Oranges: The Water of these, besides the pleasantness of the Fruit, and other Advantages that arise from them, being distilled in an Alembick, by paring the Oranges, and putting the Peels into a convenient quantity of low Wines, or Spirits, is not only excellent in Scent, and may be sprinkled as a Perfume to give a fragrancy to what you please to asperse it on, but is very good in pestilential Fevers: It strengthens the Heart and the Brain. Three or four Spoonfuls taken going to Bed, causes likewise a gentle breathing Sweat. The Juice of Oranges is cold, and therefore resisteth Corruption, and is given with a little Sugar, successfully to cool and temperate the Blood in Fevers and hot Diseases.

Orangado Pye: You must make a handsome thin Coffin, with hot buttered Paste, then slice your Orangado and put over the bottom thereof; quarter some Pippins, and cut them in halves, so that it may be cut in eight parts, and lay them over your Orangado; then put on more Orangado on the top of them, and pour on them some Syrup of Orangado, and Sugar on the top, so close your Pye, when it is baked, scrape on Sugar, and serve it up.

Oxym: This kind of Herb is vulnerary and astringent, and is chiefly used for healing Ulcers of the Bowels, occasioned by the Bloody-flux; also for Ruptures and Burns. 'Tis held excellent in easing Pains both in fresh Wounds, and old Ulcers. The Herb roasted on Embers, and mixed with Hogs-Lard, cures a Fellon.

Ostocolla: This is a kind of a Stone found in Saxony, Sillesia, &c. and grows in the Sand like a Coral. It is of a glutinous Quality, and therefore of excellent use for binding and knitting broken Bones, immediately breeding Matter for a Callus, and thereby hastening the Conglutination. The Dose, in subtil Powder, is from one to two drams in any convenient Liquor, and outwardly to be applied to the Place in a Cataplasm, or Emplaster. *Aldrovandus* affirmeth, That broken Bones being rightly placed, and tyed up, it heals them, being used outwardly with a mixture of the Oil of Cranes Bill, and inwardly with red Wine. It dries and binds without Acrimony, and is good against Poison and the Plague.

Ouzle, its Dung: Half an ounce of the Dung of the Ouzle, or Black-Bird, mixed with two ounces of the Juice of Lemons, and a drachm of the Powder of Camphire, and

applied to the Face, or Hands, takes away Freckles, Lentils, and other Deformities of the Skin. The Flesh of this Bird frequently eaten, wonderfully restores Consumptive People, and gives ease to the Cholick Pains, and is held to be prevalent against the Dysentery, and Infection of the Plague, especially the raw Flesh being applied to the Sore, draws out the Poison.

Oxgall to Beautifie: Of this an excellent Cosmetick is made in the following manner:

Take four pints of the Galls of an Ox digested twenty four Hours in Balneo Mariæ; Roach Allom, Nitre powdered, of each one dram; mix them well, and put them into a Matras, stop it carefully, and expose it in May, to the heat of the Sun, shaking it four or five times a Day; then filter the Materials, and in the filtered Liquor put two ounces of Porcellane powdered very fine, and dissolved in the Spirit of Vinegar; Borax and Sperma Ceti, of each an ounce; sweet Sublimate, and Camphire, of each three drams; then expose them to the Sun again ten Days, often shaking the Ingredients: then filter the Liquor, and keep it for its proper use.

A Tincture of Ox Galls thus made, is much better: Take Ox Galls as many as you please, put them into broad Earthen

Pans, and dry them very well either in a Sand heat, or in the heat of the Sun, which being perfectly dried, reduce them into a fine powder: Take of this powder four ounces: Choose Brandy two quarts; mix, digest twelve or fourteen days, and extract a Tincture, which decant, and keep for use. It is a singular good thing against Worms in the Face and Skin, Cankers in the Mouth and Gums, Pimples, Scurf, Morpew, Freckles, Tanning with Wind and Air, Sun-burnings, or any other Deformities of the Cutis; bath or aoint therewith Morning and Evening; if you can, conveniently, otherwise every Evening; and before you use it, be sure that the Sore or Skin be made very clean and pure, and well washed with Warm Water, for a pretty while, thereby to open the Pores, that the Medi-

cine may thereby the better penetrate and take place. This Tincture is good also, against Pains, Aches, Numbness, Weakness, Convulsions, Cramps, Palsies, Gouts, happening in what part of the body soever.

Ox, see Bullock.

Oxymel Simple: Take of the best Honey four ounces, of Spring-water, a pound, or pint; boil them till half the Water be consumed, then pour them into a pint of Whitewine-Vinegar, and let them boil to the thickness of a Syrup, and take about half an ounce at a time. This extenuates gross Humours, and carries away slimy Matter, opens old Stoppages, and Obstructions of the Lungs, with Flegm, and what Causes arise from shortness of Breath.

Oysters, see Oysters.

Pain of the Bladder: Take Pennyroyal and Spicknard of each a little quantity, bruise them, and putting them into a little Bag, apply it warm, as near as you can, to the Place grieved; at the same time drinking about a quarter of a pint of the Decoction of

Horehound, boiled in a like quantity of Wine and Water.

Pains in the Loins: Take of sulphur Vive, half an ounce, beat it into Powder, mix it with an ounce of Hogs-lard, and two drams of Opium, add a little Wheat-flour, and make the into a R 3 Plaster;

Plaster, or Ointment, with a little Wine over a gentle Fire, and apply it warm to the Place grieved, often renewing it.

Pancakes: Take twenty Eggs with half the Whites, beat them well, mix them with fine Flour and beaten Spice, a little Salt, Sack, Ale, and a little Yeast, do not make your Batter too thin, then beat it well, and let it stand a little while to rise, then fry them with sweet Lard or Butter, and serve them in with the Juice of Orange and Sugar.

Pancakes another: Take one quart of Cream, eight Yolks of Eggs, a Nutmeg grated small, and all well beaten together, then half a pound of Butter, melted with some Flour, then beat all well together again, clean your Pan, put some Butter in only the first time, and so fry them.

Pancakes to make Crisp: Make twelve or twenty of them in a little Frying-pan, no bigger than a Saucer, then boil them in Lard, and they will look yellow as Gold, and eat very well.

Pannado to Make: Take a quart of Spring-water, and put it on the Fire in a Skillet, then cut a Penny white-Loaf in slices, about the bigness of a Sixpence, and as thin as a Wafer, and lay it on a Dish placed on a Cha-

lingdish of Coals; then put it into the Water with a handful of clean pick'd Currans, and a little large Mace: and being boiled to a sufficient thickness, season it with a little fine Sugar beat well and dissolved in Rose-water

Partridge: If old hath a white Bill, and blewish Leg; but if young; a blackish Bill, and a yellowish Leg; if new a fast firm Vent; but if stale, a green Vent, and will peel if you touch the Vent hard with your Finger. Partridges are fed with Wheat, or fresh Cheese-Curds and Milk to drink; you must keep them very warm with dry straw, and keep the cold from them, for if they are kept cold and dirty, they will not thrive but fall away and die.

Parsly: It hath many Properties in Physick, as well as for Kitchen uses, viz. the Decoction of the Leaves, or Roots thereof, openeth the urinary Passages, bringeth away Sand and Gravel, easeth Cholick, and the Pains in the Reins, being used in the nature of a Fomentation upon the grieved Parts: And the Seed is of the greatest Virtue in those Matters: it voideth Windiness in the Bowels, and is good in the Biting of any venomous Creature. The often eating of Parsly, or drinking the Juice of it, sweetens the Breath. Being bruised with the Crumbs of fine White-

White-bread, and applyed, it healeth Tetters, and Ringworms, and asswageth the Swelling of the Dugs. It diminishes the Milk of Women in Child-bed.

Parsly-Water: This must be distilled from the Leaf, Root, and Sealks, in Balneo Marie, being gathered in the beginning of the Spring. It Attenuates, Opens, Cleanses, and is Hepatic and Diuretick, insomuch that many allow it to cure all Pains and Effects of the Stone, where the Party frequently and freely drinks of the Water; but this is certain, that being exceeding Diuretick, it nevertheless forces without Pain, and makes the Urin come freely from those that have had Obstructions for many Years; and, in some, it has brought away the Urin with ease, after it had been totally obstructed for many Days. It may be taken from six ounces, sweetned with White Sugar-candy, or alone, to eight, or you may add to it ten or twelve grains of Salt of Tartar, or what other Diureticks you think convenient.

Paste to Make: Take to a Peck of fine Flour, three pound of Butter, three Eggs, a little cold Cream, and work them well together, but do not break your Butter too small, and it will be a very fine Crust, either to bake Meat in, or Fruit, or what else you please. It is a very fine Dumplin, if you make it into good big Rolls, boil, and But-

ter them, or roul some of it out thin, and put a great Apple therein, and boil and butter them, with Rose-Water, Butter, and Sugar.

Paste another: Take to a Peck of Flour, two pound of Butter, and a little tried Suet, let them boil with a little Water or Milk, then put two Eggs into your Flour, and put in the top of your boiling Liquor, and so much of the rest as will make it into a stiff Paste, then lay it into a warm Cloth to rise.

Paste for cold baked Meats: Take to every Peck of Flour, one pound of Butter, or a little more; with hot Liquor as the other, and put a little dissolved Ising-glass in it, (do not forget Salt in your Paste) and work these Pastes made with hot Liquor, much more than the other.

Pasties with Sweet Meats to Fry: Make some Paste with cold Water, Butter, and Flour, with the Yolk of an Egg, then roul it out in little thin Cakes, and lay one spoonfull of any kind of sweet Meats you like best upon every one, so close them up and fry them with Butter, and serve them in with fine Sugar strowed.

Paste of Pippins: Take a pound of raw Pippins sliced and beaten in a Mortar, then take a pound of fine Sugar, and boil it to a Candy height, with a little fair Wa-

ter, then put in your Pippins, and boil it till it will come from the bottom of the Pot-ner, and stir it for fear it burn.

Paste of Apricocks: Take the ripest Apricocks, pare them very thin, and set them in a Preserving-pan over a gentle Fire, with as much Water as will keep the bottom of the Pan moist; then break them, and stir them about with a Skimmer, suffering it to stand till the moisture consume, and they come to something of a driness: then with Sugar boil them to the thickness of a Conserve; and so, by continuing longer, it will become stiff in order to a Paste.

Paste of Cherries: Boil some of the ripest Cherries till they are reduced to a soft Pulp, then strain them through a coarse Cloath, or hair Bag, and boil a fourth quantity of Pippins, not over-ripe, till they are very soft, then take away the Core and Rind, and mash them into Pulp: add to these an ounce of fine Sugar to every pound, spread it then on Plates, and fashioning it as you please, let it dry for your use.

Paste to Sower the Hands: Take the Husks of Bitter Almonds half a pound, bruise them in a marble Mortar, sprinkling on them a little Salt and Aquavite, then add two Yolks of Eggs, and

Narbano Honey one ounce and half; Orris-roots, finely powdered, one ounce: mix and mould them well together, and make them into a Paste, and use it as you see occasion.

This is excellent to cleanse the Hands, and is easily prepared: There is little occasion for wetting it in Water; for it may be used as it is prepared, if you let it not dry too much.

Peaches to Preserve: Take your Peaches when you may prick a hole through them, scald them in fair Water, rub the fur off them with your Thumb, then put them in another warm Water, over a slow Fire, and cover them till they be green, then take their weight in fine Sugar and a little Water, boil it, and scum it, then put in your Peaches, and boil them till they are clear, so you may do green Plumbs or Apricocks.

Pear-Pye: Take Wardens, or other hard Winter Pears, bake them with a little Water, and a good quantity of Sugar, in a Pot covered with a Lid of Dough. Let them not be fully baked ere you draw them; then quarter them, taking off the Rind and Core, raise a Coffin of Paste, and between every laying scatter a few Cloves, Cinnamon, and candied Orange-peel cut small; and putting in

the Liquor that issued from them in the Pot, let them bake to a fitness.

Pear-Pye, another: Bake your Pears first in an Oven, either upon the Stone, or in a Pot; peel and core them, put them in halves into your Coffin, with some slices of Quinces between them, and the shaving of Lemon-peel, some whole Cloves, Cinnamon, and Sugar; and when baked, raise the Lid on one side, and put into it some Cinnamon Powder, beaten up with Sugar and Rosewater, and so serve it to the Table, either hot or cold, as you please.

Pear-Budding: Take a cold Capon, or one half roasted, which is the best of the two; then shred some Suet very small, as also the Meat taken off the Bones, with half as much grated Bread, and two spoonfuls of Flour, beaten Nutmegs, Mace, Cloves, and Sugar, as much as will season it, half a pound of Currans, the Yolks of two Eggs, six Pears, the Pulp of them, and as much Cream as will make it up into a kind of a Paste; then make it up into the fashion of a Pear, stick a piece of Cinnamon for the Stalk, and for the Head a Clove.

Pears or Pippins to Dry, Take the fair set, lay them in Sweet Wort, two or three Days, then lay them in a broad Preserving Pan of Earth, and bake them, but let the

Oven be but gently hot, then lay them upon a Lattice Sieve, and set them into a warm Oven, and turn them twice a day till they are dry.

Pearls to Whiten: Take half an ounce of Bean-flour, Lime, and Eggs an ounce, white Salt a pound, Water of Confound, Alcohol of Wine eleven ounces; distill the Water; and if you wash solid or clouded Pearls in it, it will restore them to their native Lustre.

Pectoral Pills for the Lungs: Take Tears of Storax two drams, Juice of Spanish Licorice a dram and half; Tincture of Saffron four scruples, Labdanum, Olibanum, Myrrh, and Extract of Opium, of each a dram; Ambergrease a scruple, Syrup of Citron-peels, as much as suffices to make a mass for Pills.

These Pills stop Desfluxions on the Lungs, and assuage Coughing. The Dose to be taken, is five or six grains at Night.

Pepper boil'd in White-wine is good against the Ague, and in most cold Diseases, but is more commonly used in seasoning Meats, than in Physick; and indeed is more proper in the general to that purpose, by reason it's driness qualifies the moisture that ever abounds in many Meats, and causes it to digest kindly in the Stomach. **Perfumes:**

Perfumes: Take six Spoonfuls of Rose-water, Musk, Ambergrease, and Civet each two grains, a little Sugar beaten fine, mould them up together with Gum Dragon steeped in Rose-water, make them in little Cakes, and dry them.

Perfumes to Burn: Take three ounces of Benjamin, lay it all Night in Damask Rose Buds, clean cut from the White, beat them very fine in a Stone Mortar, till it come to a Paste, then take it out and mix it with a dram of Musk finely beaten, as much Civet, mould them up with a little scarced Sugar, and dry them very well and keep them to Burn, one at a time is sufficient.

Perfumed Cakes: Take Benjamin four ounces, Storax two ounces, Laudanum a dram, Cloves, in number, twelve, Calamus Aromaticus a dram, and a little Citron-peel; Take a new glazed earthen Pot, and boil the Benjamin and Storax in it in half a pint of Rose-water for an Hour, if the moisture holds long, without being evaporated. then put in the rest of the Materials mention'd in a little Linen Bag, adding more Rose water: and when they have boiled a while, take them off, and strain them through a Linen Cloth: and so soon as cold, there will be a curious perfumed Paste.

Perfumes for Confections: Take of Myrrh a scruple, Musk, or Civet, the like quantity, Oil of Nutmegs as much, infuse them in Rose-water, and with it, when well dissolved, sprinkle your Confections, or Sweet-meats, and they will have a curious pleasant Scent, which will likewise add much to the flavour in the Tasts.

Perfumes of Flowers, Extract, through a Retort, after the manner of Aquafortis, the Spirit of Saltpetre, or common Salt, and keep it close stopped in a Bottle; then take what quantity of Violets, Roses, or other Flowers you will, and put into an Alembick with an ounce of the Spirit of the said Salt, a pint of Spring-water, and so proportionably till the Alembick be full, and let them infuse twenty four Hours till you see the Water well coloured, which pour out by inclination into another Glass, and it will carry with it the colour and smell of the Flowers infused, though it leaves the Flowers fresh, as if they had been newly gathered.

Perfumed Powder: Take *Flamme-Orris* a pound, dried. Roses a pound, Benjamin two ounces, Storax one ounce, Cloves two drams, yellow Saunders an ounce and a half, Cloves two drams, a little Citron-peel; beat all to fine Powder, in a Mortar: put to this

this twenty pound of Starch, or Rice, ground; mix it well, and finely sifting it, keep it very dry for use, and it will prove an excellent perfuming Powder.

Perfumed Wash-Balls: Take what quantity of Musk you please, dissolve them in sweet compounded Water; then take about the quantity of one Wash-ball of the Composition, and mix it together in a Mortar; then mix and incorporate them with your Paste; and making them up into Balls they will all of them retain a curious perfumed Scent.

Perfumed-Water: Take Calamint, Storax, Benjamin, Cloves, and Mastick, beat them well together, and put them into Aqua vitæ, or the Spirit of Wine in a glass Vial, and when the Liquid is changed to a red colour, infuse in it a grain of Musk, strain it, and keep it for use.

Pericarpium for Agues: This, especially for the Tertian-Ague, has been often tried with good Success, viz. Take a handful of Rhue, newly gathered, half a handful of Sage, Tobacco three ounces, a spoonful of Bay-salt, and a spoonful of good Vinegar; beat all these well together into an uniform Malt, which must be divided into two parts, and make thereof two Wrist-plasters, to be ap-

plied at the usual time before the coming of the Fit, and to be renewed, as occasion requires, till they grow dry and troublesome.

Pheasants: A Cock, if young, has a short Spur, but if old a small sharp Spur; see it be not cut or pared, if fat it has a fat Vein on the side of the Breast under the Wing, if new a fast firm Vent, if stale kill'd, a green Vent, if you do touch it hard with your Finger, it will peel. A Hen if young hath a smooth Leg, and a fine smooth grain on the Flesh, if old, it hath a rugged wrinkled grain upon the Flesh of it, and full of Hairs, like an old Yard Hen; if she be full of Eggs she will have a fast but open Vent, if not full of Eggs a close Vent. A Pout hath a fine smooth Leg, and a smooth grain upon the Flesh of it, but if green in the Vent, or dry footed, think it is Stale killed, but if limber footed, and white in the Vent, then she is new killed.

Phthick, a Remedy: Bruise a handful of Bettony-leaves, put to them half a pound of Honey, half an ounce of Licorice-powder, and Pine-Apple-kernels that have been boiled in White-wine bruised small: make these into an Elestuary, and let the Party take about a quarter of an ounce at a time.

Some

Some for this have only eaten the Lungs and Heart of a wild Goose boiled with Hyssop, and have found great ease by it; yet I cannot but recommend the former to be the more effectual in the Cure.

Pickled Oysters: Take about a quart of the largest Stewing Oysters, with the Liquor that comes from them, wash them clean, and wipe them; put to them a pint of fair Water, half a pint of Whitewine-Vinegar, and half an ounce of whole Pepper, a handful of Salt, and a quarter of an ounce of large Mace: put Liquor, and all together, into an earthen Pot over a soft Fire, let them simmer, but not boil, about a quarter of an Hour; then take them up, and put them into a little Vinegar, and Whitewine, till they are cold, and then put them into the Pickle they were boiled with, and Pot 'em up close for your use.

Pig to Dress: To do this the French way, which is highly approved, The Pig being scalded and drawn, spit it, and lay it to the Fire; and when it is thoroughly hot; take off the Skin, cut it off the Spit, and divide it into twelve pieces: then take Whitewine and strong Broth, and stew it therein with an Onion or two minced very small, as also some strip

Thyme, Pepper, grated Nutmeg, and two or three Anchovies, some elder Vinegar, Butter, and Gravy, beat up well together: dish it up with the Liquor it was stewed in, lay Slices of French Bread under it, garnished with Oranges and Lemons under and upon it.

Pig to Dress, another way: Scald, draw, and wash it clean, put a Crust of Bread and some Sage in the Belly, prick it up, and spit it, roast it, and baste it with Butter, then salt it; and being roasted fine and crisp, make Sauce with chopt Sage, Currans, a little grated Nutmeg boil'd up in fair Water and Vinegar; then add a little grated Bread, the Brains, some Barberries, and Sugar; give these a warm or two with good stirring, and adding a little beaten Butter, divide the Pig's Body, and Head, take off the Ears, place them on the Shoulders, and so serve it up: Or, this way,

Mince some sweet Herbs, as Sage, and Pennyroyal, rowl them up in Balls, with some Butter, and prick them in the Pig's Belly; roast him: and being roasted, make Sauce with some Butter, Vinegar, the Brains, and some Barberries, and serve it up:

Pig to Sauce: Scald a young Pig, and boil it in fair Water and Whitewine, a quart of the latter to a gallon of

of the former, put to it a dozen Bay-leaves, Ginger sliced, and Nutmegs quartered, and half an ounce of whole Cloves; let it be boiled tender: then take it out, and lay it a cooling; which done, put the Liquor it was boiled in, into a Tray, or Pan, and put it in, so that it may lie covered, adding only a little Salt, and Whitewine-Vinegar; and in this manner it will keep a long time.

Pig-Dye, Court fashion: Take off the Skin of a young Pig, and cut it into quarters, season it with Pepper, Ginger, and Sale, finely beat and mixed, lay it in a Coffin of Paste made in the fashion of a Pig, shred a handful of Parsley, and about six Sprigs of Winter-Savory; strew this over the Meat, and on that the Yolks of two or three Eggs, hard boiled and grated small; upon that a few Blades of Mace, and some Bunches of Barberries, a handful of Currans washed and picked, and half a handful of fine Sugar, half a pound of sweet Butter spread thin, so close it, and let it soak in an Oven not over-heated about three hours; then beat up a pound of Butter, with a little Sugar, pour it into it, and serve it up with a little Sugar scraped over the Lid.

Pigeon-Dye: To order and season this, Take an ounce

of finely beaten Pepper to a dozen of Pigeons; put Butter rouled up in Balls, with a little fine shred Parsley, into the Belly of your Pigeons, and two pound of Butter is sufficient for the whole Pye, where in are only a dozen of Pigeons, sprinkling them likewise with a little Salt, before you close up the Coffin.

Pigeon-Water: To make an excellent Cosmetick, Take this way, Cut two young Pigeons, and cut them in pieces: The Whites of twelve Eggs, and the Juice of four Lemons; macerate them twelve Hours in three quarts of Goats Milk, then distill them in Balneo Mariæ. To the distilled Water, put Borax, Camphire, Sugar-Candy, burnt Alom, of each three drams; set them in a Glass in the Sun, three Days, then fifteen Days in a cool Cellar; filter the Water, and keep it for use.

This smooths, beautifies, and wonderfully preserves the Complexions, if the Face, Hands, or other parts be washed with it twice a Day.

Pigeon-Water, another: Take Strawberries a pound and a half, Flours of Lilies, and Beans, of each half a pound; Roach Allom, two ounces, Sal Gemmæ, Nitre, Verdigrease, of each two drams: infuse them fifteen days in Malmsey-Wine, Narbone Honey, Whitewine-Vinegar,

Vinegar, of each a pint : distill them in a moderate Sand Bath, and keep the Water as very rare and excellent to take away Freckles, or Morpew, from the Face, if you dip Linen in it, and lay it on the place going to Bed, and wash it off the next morning with Water of Lilies.

Pike to Boll : Take as much Whitewine and Water as will cover it : set the Liquor to boil, cleanse the Civer, and truss him in a round Ring, scorch him on the back, and when the Liquor boils, put him in, and make under it a quick Fire; being boiled enough, take him up, and for Sauce, take Whitewine-Vinegar, Mace, whole Pepper, a handful of Cockles, or Oysters boiled, or fried, sweet Herbs, finely shred, and the Liver of the Fish minced, and scrape in a little Horseradish : these being boiled together, dish up the Pike on Sippets, and beat up the Sauce with sweet Butter and minced Lemon, garnishing with sliced Oranges or Lemons.

Pike Broil'd : Split it, and scotch it with your Knife, on the out-sides, as you do a Herring; then Salt it, and having the Gridiron very hot, lay it on a clear Fire, baste it with Butter, and turn it often, and being broiled stiff and crisp, serve it up with beaten Butter, Juice of Lemons, and Wine-Vinegar,

garnish'd with slices of Oranges or Lemons, and the tops of Rosemary.

Pike to Fry : Cleanse it well from the slime and blood, dry it, and flouring it, roul it round in your Pan, or slit it, and fry it pretty crisp with sweet Butter; then for Sauce, beat up Butter, Claret, Oyster-Liquor, Nutmeg, Salt, and garnish it with sliced Oranges, Lertons, Barberries, and fryed Parsley.

Pike Hash'd : Bone and scale it : then mince it with good fresh Eel; then put in some sweet Herbs finely minced, and stripped Mace, Ginger, beaten Nutmeg, Pepper, and Salt, stew it in a Dish with a little Whitewine and sweet Butter; and when it is stewed sufficiently, serve it on fine carved Sippets, and lay on some large stewed Oysters, some fryed in Batter, others green with the Juice of Spinage, others yellow with Saffron; garnish the Dish with them, and run it over with beaten Butter.

Pike to Roast : Scrape him well, and take out the Entrails, lard the back with Pickle Herring; then take Claret-wine and large Oysters, and having seasoned the Oysters with Pepper, and Nutmeg, stuff the Pike's Belly with them, intermix'd with Rosemary, Thyme, Winter-savory, sweet Marjoram, and some slices of an Onion; then

then sew up the Belly, and with two flat sticks about the breadth of a Lath, bolster up the sides of the Pike; then baste him with Butter and Claret-wine, beat up together, having tyed Rosemary and Bays to keep off the heat coming too much where the Laths do not defend it from the scorching; and when it is wasted, or roasted, take it off, and take out what is in the Belly of it, and with what has dropt from it, some beaten Butter, and Claret, Dish it up.

Pike Souced : Draw it, and wash it clean from the blood and slime, and then boil it in Water and Salt, putting it in when the Liquor boils up, and suffering it to boil leisurely, season it well with Salt, but beware you boil it not too much, nor in more Water than what will just cover it; and if you design to keep it long in the Souce, you must put as much Whitewine as Water, with some Wine, Vinegar, slices of Ginger, large Mace and Cloves, when the Wine, Vinegar and Water boil, adding a little Lemon-peel, boiling it up quick, but not too much: then pour on the Liquor, and cover it up close, and when you serve it in Jelly, dish and melt some of the Jelly, and run it all over: garnish it with Bunches of Barberries, and sliced Lemon,

and when you serve it up, you may lay round the Dish, divers small Fishes, as Bleak, Dace, Gudgeons, Roach, or the like, for the greater setting off, and Ornament.

Pike Stewed, the City way : Take your Pike, splat it, and lay it in a Dish, and when the blood is washed out, put to it as much Whitewine as will cover it, and set it a stewing, and when it boils, put in the Fish, and scum it; then put in some large Mace, whole Cinamon and Salt, and being well stewed, dish it up on Sippets finely carved.

Then thicken the Broth with two or three Yolks of Eggs, some thick Cream, Sugar, and beaten Butter; give it a warm, and pour it on the Pike with some boiled Currans, and boiled Prunes, layed all over it; as likewise some Mace, Cinamon, and Bunches of Barberries, and sliced Lemon; garnish with the same, and scrape on fine Sugar. In this manner you may stew Carp, Bream, Barbel, Chevin, Roach, Conger, Gurnet, Tench, Dace, Peareh, or Muller.

Pikes to Souce and Jelly : The Fish being scalded, and cleansed, bone it, and season it with Nutmeg and Salt; roul up three or four Pikes like Brawn or collared Eel, and bind them in that posture; then put them in a clean

clean Cloth, and boil them in Water, Whitewine, and Salt, with the Spice; observing always, that the Pot boils before you put them in; keep it scummed; and add some large Mace, and slices of Ginger; If you only intend to souce them, boil them not down so much; but if they are to be Jellied, put to them some Isinglass, and serve them up in the Collars, standing in the Jelly: and thus you may do with Eels, Tench, Salmon, Conger, &c.

Pike, and White-Roth: Here the Pike must be cut into three equal pieces, and boiled in Water, seasoned in a little Salt, and sweet Herbs when it boils, beat in the Yolks of six Eggs, with a little Sack and Sugar, melted Butter, and some of the Broth: then dish the Pike, putting the Head and Tail together, cleave the middle piece in two, and take out the Back-bone, put one piece on the one side, the other on the other; blanch all, pour the Broth on, and garnish it with Sippets, fine Sugar, or Ginger, and serve it up.

Pills Sturcbeck: Take Chios Turpentine, and white Vitriol finely powdered; mix them into a mass, and make Pills of them exceeding small.

The vomitive quality of the Vitriol, being corrected by the Turpentine, the Pills

work good Effects, especially in all difficulties of making Water; being given from half a dram to a dram.

Pills for the Dropple: Take Elaterium, and Extract of Aloes prepared, with the Juice of the Roots of blew Flower-de-luce, of each half an ounce; choice Mastick made into Pouder two drams: make them up into Pills, according to Art, as small as is convenient.

These Pills powerfully purge Hydropick Waters; they are to be taken in a Morning fasting, from six to twelve, or fifteen grains, using them as often as occasion requires.

Pills for the Green-Sickness: Take Extract of Mars, one ounce; Aloes-Succotrine, prepared with the Juice of Succory, six drams; Extract of Rheubarb half an ounce, Saffron two drams, distilled Oil of Cinnamon six drops; mix them to a mass, and so make small Pills of them.

These Pills cure the Green-sickness in young Virgins, the Party so grieved taking a scruple at a time in a Morning fasting, and drinking after them two or three ounces of Wormwood-wine, and walking after that about an Hour, for several Mornings together.

Pills for the Stomach: Take Juice of Licorice, two drams and a half, Tears of Storax two drams, distilled Oil

Oil of Cinamon six drops, Saffron four scruples, Labdanum, Olibanum, choice Myrrh, and Extract of Opium, of each one dram; Syrup of Citron-peel, as much as suffices to make them into a Mass, and so into Pills.

These are excellent to stay Deluxions that fall upon the Lungs, and to assuage the violence of Coughs. The Dose is from five or six to eight or ten grains.

Pills Universal: Take Ales, Cambogia, of each two ounces; make them into a gross pouder, and dissolve it in a small quantity of a strong Decoction of Colocynthis, over a gentle Fire, and evaporate till the Mass is of the thickness of a soft Extratt: to which add Stannony, Sal Nitre, both in very fine pouder, of each two ounces: mix and make a mass of Pills. This is one of the best Medicines in the World for a general Purger, for it Purges briskly and nimbly all Humours, and carries every kind of Defilement out of the Body, performing more in one single Dose, than most other purging Medicines will do in Five. It kills Worms in Children to a Miracle, beyond any other ordinary thing of ordinary use, and brings them away many times swift. It cures the Pains and Weakness of the Stomach, cleanses it and causes a good Appetite. It is a singular cure for the Dropple; beyond most other Me-

dicines, and prevails against the Scurvy, Jaundice, Gout, Stone, Rheumatism, and other stubborn and rebellious Diseases, not easy to be removed; it opens all sorts of Obstructions in the Liver, Spleen, Reins, Womb, and Bowels, helps the Cachexia and Green-sickness, and causes a good colour in the Face. Dose from a scruple or twenty grains to half a dram, or thirty grains in the Morning fasting, with Observations as in other Purges. To Children you may give from 8 grains to sixteen or twenty according to their Age and Strength, they work nimbly downwards, and not upwards, unless the Stomach is very foul.

Wimpernel: Of this there are three sorts, the one groweth very great, and hath long Roots; the other sort is little, the third bears red Flowers, and grows in most Gardens: the Roots of the two first, in which consists their main Virtue, boiled in Whitewine, are very good for Pains in the Reins and Bladder, caused by the Stone: for it driveth out Gravel, and the long retained Urine. The Juice of the Root drank in Whitewine, is good against all Poisons, or infectious Airs, and the Biting of venomous Creatures: It is used with success in the Plague, the Root being stamped and laid to the Sore. As for the third sort, though little differing in likeness, yet in Virtue it does from the two

former; for it is more restraining in Taste, and very nourishing; for which cause it may be thought to be of a binding nature: wherefore it stayeth the Dysentery, and other Fluxes and Vomiting proceeding from colerick Humours, or Causes, it heals Wounds and Ulcers, and is of special use in Ointments that are made for Wounds in the Head, and for Cankers: Some Physicians have much commended it in the Cure of pestilential and contagious Fevers, concluding that the often drinking the Juice of it in Wine, or other convenient Liquors, is a sovereign Preservative against the power of those dangerous Diseases.

Pippins to Dry: When Household Bread is drawn, then set in a Dish full of Pippins, about six Hours after take them out and lay them in several Dishes one by one, and flat them with your Hand a little, do so twice a Day, and still set them in a warm Oven every time till they are dry enough; then lay them into Boxes with Papers between every lay.

Plague to Preserve from: Take Barberries, when they are ripe, steep them in warm Water, that the Husks, or outward Skin may come off; then dry them that they may be beaten to Powder with a little Salt, and when you find your self somewhat discom-

posed by the effects of ill Airs, hot or feverish, mix this Powder with strong Vinegar, about two drams, in half a quarter of a pint, and drink it up warm, and keep your self warm also, that you may sweat upon it; but if you find your self under such apprehensions, shivering with Cold, you must take the Powder in strong Wine.

Plague-Sickness: Take a Viol, or some other Glass, and fill it to the third part with Venice-Treacle, the other third part with Brandy, or Spirit of Wine: mix these well together by shaking, and take Morning and Evening half an ounce in two ounces of Mint, Rhue, or Baum-water.

But of all others in this contagious Distemper, this occurs as a very much approved Remedy, viz.

Take Walnuts when the green Husk is on them, and before the Shell is hardened underneath; put them, when bruised, to steep in White-wine eight Days: then with some Baum, Rhue, and Tops of Fetherfew, and Wormwood a little bruised, put them into an Alembick, and distil them; then when you drink an ounce and a half of the Water, which you may do Morning, Noon, and Night, put into it some perfumed Comfits, and stir them well about till they are dissolved.

Plague.

Plague-Sore to Break: Take Bay-salt, Rye-meal, and the Yolks of Eggs as many as will make them into a Past; then spread it on a piece of Leather, and apply it to the Sore, or Carbuncle, and it will draw the Poison to a centre, so that the Sore will ripen: and being broke, the Infection will come away: to expedite the Cure of which, when it is broke, put the Rump of a live Chicken to the Mouth of the Sore, so that its vent may be placed on it, and it will draw the Infection into the Body of the Chicken, insomuch that in a short time it will dye, and so will one or two more, if the Infection be great; but when they cease to do so, it is a sign the Poison is exhausted, and the Party in a very fair way of recovering Health.

Plague-Water: Take three pints of Muscadine, boil therein one handful of Sage, another of Rice, till a pint be wasted, then strain it out, and set it over the Fire again, put to it a Pennyworth of long Pepper, half an ounce of Ginger, a quarter of an ounce of Nutmegs, all beaten together, boil them together a little while close covered, then put to it a Pennyworth of Mithridate, two Penny-worth of Venice-Treacle, a Quarter of a pint of Angelica-Water: Take a

spoonful at a time Morning and Evening, always warm, if they be diseased, if not once a Day is enough all the Plague time. It is a most excellent Medicine, and never faileth, if taken before the Heart be utterly mortified with the Disease, it is also good for the Small-pox, Measles or Surfeits.

Plaster for Bruises: Take Oil of Olives six ounces, yellow Bees-wax an ounce and half, Ammoniacum and Bdellium, of each half an ounce; Galbanum, Opopanax, Oil of Bays, Lapis Calaminaris, both the Birth-worts, Myrrh, and Frankincense, of each two drams; Turpentine an ounce, Litharge of Gold powdered four ounces: boil the Oil and Litharge together, keeping them stirring, and when it will not stick to your Fingers take it from the Fire, and melt the Wax into it, add the Turpentine with the Gums, afterward the Powders; and being cold, put in the Oil of Bays and Frankincense, and make it into a Plaster.

This Paracelsian Plaster is good for Bruises, and all manner of Aches, or Pains whatsoever, and being applyed, it strengthens weak Limbs.

Plaster for the Head: Take two ounces of Rosin, Stone-pitch an ounce, Turpentine, Labdanum, and Pidgeons Dung, of each half

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an ounce; Gum of Juniper, Nutmegs, of each two drams: dissolve the Turpentine with the Labdanum, in a hot Mortar, and mingle the rest, so that it may be made into a Plaister; and if any Cause requires it to be stronger, add the Poudre of Euphorbium, Pellitory of Spain, and black Pepper, of each two scruples.

This wonderfully strengthens the Head, and eases the Pains of it, the Crown being shaved, and it applied Plaister-wise to it, as also to the Temples. Though upon many occasions, it is applied to the Soles of the Feet to draw down the Vapours that afflict the Brain.

Plaister of Mastick: Take three ounces of Mastick, Bole-Armoniack one ounce and half, Catechu, Myrtle-berries, of each half an ounce, Turpentine, Colophony, Tacamahaca, and Labdanum, of each two ounces; Oil of Myrtle four ounces; Bees-wax a pound. The things that are to be powdered, powder a part, melt the Wax and the Oil together, and take it from the Fire, and add the Turpentine, and afterward the Catechu and Bole-Armoniack, being finely powdered; order the Mastick in like manner, and so being well mixed in a Mortar, that is pretty hot, make them into a Plaister.

This laid to the Stomach, very much strengthens it; as

also stays Vomitings and Effluxions.

Plaister of Mellilot-Simple: Take of yellow Rosin clarified eight pound, yellow Wax four pound, Mutton-suet of the Kidneys, cleaned from the Skin and Fibers two pound; melt them, and add to them green Melilot cut small five pound; and being thickened bruise it with the afore-mention'd Ingredients, and bring it to the Consistence of a Plaister.

This draws very gently; and therefore is commonly used in dressing of Blisters, and in gentle Swellings, and Tumours.

Pleurisie: Take choise Canary or Milk-water half a pint; Spirit of Sal Armoniack, of Hartshorn, of each thirty drops: mix and give it for a draught, to be repeated thrice a day; and at night, at Bed-time, let the Patient take gr. iij. of our Volatile Laudanum. Or thus, Take Tincture of Corn Poppies one ounce and half Poppy-water two ounces, Spirit of Sal Armoniack sixty drops mix for a draught to be given two or three times a Day; and at Bed-time let the Sick take this Dose. Take Liquid Laudanum, or our Gutta Vite twenty drops Cinamon, Barley-Water three ounces; mix them for a Dose, to be continued as long as need requires.

Plate to clean: Wash your Plate first in Soap-Suds, and dry

it; then if there be any Spots, rub them out with Salt and Vinegar. When you have so done, anoint your Plate all over with Vinegar, and Chalk, and lay it in the Sun, or before the Fire to dry; then rub it off with warm clean Linen Clothes very well, and it will look like New.

Plumbs to dry naturally: Take of any sort and pick them, and put them into the bottom of a Sieve, dusted with Flour, to keep them from sticking, let them stand in a warm Oven all Night, the next Morning turn them upon a clean Sieve, and so do every day till you see they are very dry.

Points, or Laces to clean: Take White-bread, half a Day old, and cut it in the middle, and pare the Crust round the edge, so that you may not hurt your Points when you rub them, then lay them upon a Table on a clean Cloth, and rub them very well with the White-bread all over: then take a clean little Brush, and rub over the Bread very well, till you think you have rubbed it very clean, then take your Point or Lace and shake the Bread clean off; then brush it very well from the Bread, and take a clean Linen Cloth and gently slap it over oftentimes. Thus you may get the soil off, from white Sat-

ten, Tabby, Taffety, or any coloured Silk, provided it be not greasy or too much soiled.

Points to Wash and Starch: Take your Points, and put them into a Tent, then make a strong Lather, with the best Soap you can get; then dip a Brush in that Lather, and soundly rub your Point on both sides, so do till you have washed it in four Lathers, then wash it in fair Water alone, then with blue Water, and when you have so done, take Starch made thin with Water, and with your Brush on the wrong side wash it over with it, so let it dry: then lay your Tent upon a Table, and with an Ivory Bodkin, made for that purpose, run into every close and narrow part of it, to open it betwixt the Gimp, or over-cast, likewise into every Helt-hole to open them. For Laces, after you have pulled them out well with your Hands, you must Iron them on the wrong side; Let your Water be warm, wherewith you make your Lather, when you take them out of the Tent, Iron them on the wrong side; let not the Water be too blue with which you wash them.

Remainder fine: Take two ounces of Laudanum, of Benjamin and Storax one ounce, Musk six grains, as much of Civer, as much of Ambergrease, of Calamus

Aromaticus, and **Lignum Aloes**, of each the weight of Groat, beat all these in a hot Mortar, and with a hot Pestle, till it come to a perfect Paste, then take a little Gum Dragon, steeped in Rose-water, and rub you hand withal, and make it up with speed, make them into what shapes you please. Print them & dry them.

Polonia Sausages to Make: Take the Fillets of a Hog, mince them very small, and do the like by Sage, Pennyroyal, and Thyme, of each half a handful stript from the Stalks: then season it with beaten Ginger and Pepper finely sifted, put it into a Hog or Sheep's great Gut, and lay it in water and Salt three Nights: then boil it gently for fear of breaking, and hang it up in a Chimney to be smoak'd, or dry place, and they will keep a long time.

Pomegranate: Of these there are three sorts, Sweet, Sharp, and Winy; and the quality of them all is Restraining, but not alike; for by their Taste you may judge their difference, and their Grains are more binding and drying than their Juice; the Rind more than the Grain, and the Blossoms have the same Virtue with the Fruit. The powder of a Pomegranate dried in an Oven, in a new earthen Pot close stopp'd, is singular good to stay the Flux of the Belly. The Leaves of the

Pomegranate-Treewell beaten, and the Juice of them mixed with the Oil of Roses, does very much help the inveterate Pains of the Head; and so sovereign it is, that most hold that no venomous Creature will come near the Boughs of it: for which reason the Ancients laid them in their Beds, and stuck them about their Houses.

The Decoction of the Root of a Pomegranate-Treewell being drank, kills the large Worms in the Belly, and causes them to be cast out.

Pork-Pye: The Pork you intend to put into Pies, must have the Skin taken off; then cut the Pork in steaks, and take half an ounce of Ginger, and the like quantity of Pepper well beaten, slice or scrape in two Nutmegs, season it pretty well with Salt, and put in a little fair Water that has been well boiled and scummed; and so bake it sufficiently, and serve it up.

Poppay-Red: The Flowers are very cooling and assuage Pain, and bring Sleep to weary Eyes; and therefore are chiefly used for Fevers, Pleurisies, and Quinsies, and other Diseases, especially of the Breast, that need cooling Medicines, and for immoderate Fluxes. The Conserve, the distilled Water, and the Powder of them are greatly in use; but the Syrup most.

To

To make it, Take the fresh Flowers of Red Poppies two pound, and pour upon them two quarts of Spring-water well warmed press them out the next Day, and infuse the quantity of fresh Flowers in the Liquor, as before; then strain it, and put in as much Sugar as the Liquor weighs, and so make it into a Syrup, by boiling it to a thickness over a gentle Fire.

Poppay-Syrup: Take the Heads of black Poppies freshly gathered six ounces, and of white ones, not thoroughly ripe, eight ounces, Water a gallon: boil them to the consumption of two quarts of the Liquid, and put therein Sugar a pound and half, or two pound, and boil them to a Syrup. This is excellent good to allay the Heat of the Head and other Parts, or when it too much afflicts the Brain. It is given with success in Frensies, or to those that are restless, and cannot sleep well, as also for Catarrhs and Coughs.

Posslet: Put a pint of good Milk to boil, as soon as it doth so, take it from the Fire, and let it cool a little; and when is pretty well cooled, pour it into the Pot, wherein is about two spoonfuls of Sack, and four of Ale, with sufficient Sugar dissolved in them, so let it stand a while near the Fire, till you eat it.

Posslet of Sack: Take two quarts of Cream, boil it with whole Spice, then take twelve Eggs well beaten and strained, take the Cream from the Fire, and stir in the Eggs, and as much Sugar as will sweeten it, then put in as much Sack as will make it taste well, and set it on the Fire again, and let it stand a while; then take a Ladle and raise it up gently from the bottom of the Skillet you make it in, and stroak it as little as you can, and so do it till you see it be thick enough; then put it into the Balon with the Ladle gently, if you do it too much it will turn to whey.

Potato Pye: your Coffin being ready, lay in Butter, and then your Potato boil'd tender, then some whole Spice, and Marrow, Dates, and the Yolks of hard Eggs, blanch'd Almonds, and Pistacho Nuts, candied Peels of Citron, Orange and Limon; put in more Butter, close it and bake it, then cut it open, and put in Wine, Sugar, the Yolks of Eggs and Butter.

Pottages of Mutton: According to the quantity of what Broth you will have, you must proportion your Knuckles of Beef, the Flesh of the hinder part of the Rump of Mutton and Hens, you must seeth the Flesh very well with Parsly, young Onions, and Thyme tied in a Bundle with Cloves, Mace, and some

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beaten Cinamon, keeping always some warm Water to fill up the Pot as your Liquor consumes; when you have boiled them well, strain the Broth and Preserve it for your use.

Pottage, the French way: Take an equal quantity of Chervil, hard Lettice and Sorrel, or any other Herb you like best, in all as much as a Peck will hold press'd down, pick and wash them well, and drain them from the Water, then put them into a Pot with half a pound of fresh Butter, and set them over the Fire, and as the Butter melts, stir them down in it till they are all within the Butter, then put some Water in, a Crust of Bread, some whole Cloves, and a little Salt, and when it is boiled, take out the Crust of Bread, and put in the Yolks of four Eggs well beaten, and stir them together over the Fire, then lay some thin slices of White-Bread into a deep Dish; and pour it in.

Pottage: To make this very excellent, nourishing, and conducing to Health and Strength, take the Knuckle end of a Leg of Veal, very largely cut, put into it a gallon, or six quarts of Spring-water, a pint of Oatmeal sifted very fine, Pennyroyal, Parsly, Thyme, and Winter-savory, of each a little Faggot, or bundle, unshread;

also Sweet-marjoram, Soprel, Violet and Marigold-leaves, you may let it stand a whole Night over a gentle Fire, and boil it up the next Morning, with some Mace, Currans, Harts-horn Shavings and Sugar; then strain it, and eat it warm.

This is very good against a Consumption, or any Defect in the Lungs, or Stomach.

Poultry Distempers: It is a white thin Scale, growing on the tip of the Tongue, and makes Poultry they cannot feed, it is easie to be discern'd, it proceeds for want of clean Water, and drinking puddle Water, and eating filthy Meat. The Cure is to pull the Scale with your Nail, and then rub the Tongue with Salt. The **Rup** is a filthy Boil or Swelling on the Rump, it will corrupt the whole Body, it is commonly known by the staring or turning the Feathers backwards: To Cure this, you must pull away the Feathers, and open the Sore, thrust out the Core, and then wash the place with Salt and Water, or with Brine, and it helpeth it. The Flux cometh with eating too much moist Meat, the Cure is, To give them Pease, or Bran scalded, and it will stay them. **Stopping in the Belly**, is contrary to the Flux, so that they cannot move; therefore you must anoint

anoint the Vents, and give them either small bits of Bread, or Corn steep in Man's Urine. **Lice:** If they be much troubled with Lice, as it is common, proceeding from corrupt Food, or want of bathing in Sand, Ashes, or such like: Take Pepper small beaten, mixing it with warm Water; wash your Poultry therein, and it will kill all sorts of Vermin. **If Stung** with any Venomous Worm, &c. anoint the place with Rhue and Butter mixt together. **Sore Eyes:** Take a Leaf or two of ground Ivy, and chew it well in your Mouth, suck out the Juice, and Spit it into the sore Eye, and it will certainly heal it.

Pouder Damask: Take Orrice half a pound, Rose Leaves four ounces, Cloves one ounce, Lignum Rhodium two ounces, Storax one ounce and half, Benjamin the like, Musk and Civet of each ten grains, beat them together grossly, save the Rose Leaves, you must put in afterwards, this is a very fine Pouder to lay among Linen.

Pouder of Amber: Take six ounces of Bean-flour, and pass it through a fine Sieve with four ounces of Cyprus-wood, two ounces of Saunders, two ounces of Benjamin, and half an ounce of Storax, two drams of Calamus Aromaticus, and as much Labdanum; pass these likewise

through a Sieve, and to two pound of the Composition add four grains of Amber-grease, and half an ounce of Pomander, Privet beaten and sifted, which you must mix in a hot Mortar with Amber; then mix them all together and keep them in a glass Bottle close stopped, and make of it sweet Bags to perfume your Cloaths.

Pouder of the Countess of Kent: Take the black parts of the Claws of large Sea-Crabs four ounces, Crabs Eyes, oriental Pearl, and red Coral prepared, of each an ounce; Roots of Contrayerva, white Amber, of each six drams; the Bezoar-stone three drams, Saffron two scruples: make these into a fine Pouder, which mixed with Jelly of Vipers, you may make it into Trochises, letting them dry in the Shade, to be powdered, as occasion requires, for the better preservation of its Virtue.

This Pouder is highly in Request for the Remedy of Epidemical Diseases, particularly in the Small pox, or Measles. It is also used in the Plague, as well to preserve from the Infection, as to cure it, when taken, by reason it mainly strengthens the Heart, and other Vital Parts, against Infections, and the malignity of the before-mention'd Diseases. Not only the English, but other Nations approve it, and use it with wonderful Success. The Dose is about ten grains. **Pouder**

Pouder Confortative :

Take Cloves, Nutmegs in fine powder, of each half an ounce. Contra peroa, Winter Cinnamon, Virginia Snake-root, of each three drams; Hartshorn Philosophically Calcined; rust of Iron, each in fine Powder two ounces; Sal Tartari Sulphurated one ounce, Treble refined Sugar a pound, mix and make a subtil Powder.

This wonderfully strengthens the noble Parts, restores the languishing force, and cures swooning and fainting Fits. It is good in Fevers, and other Diseases. It is given to asthmatick and consumptive Persons, and to such as are wasted and brought low by Sickness. The Dose is from half a dram to a dram, in Wine, or any cordial Water: It may be taken in any pectoral Eleckuary, or with any convenient thing, as you please.

Pouder for the Gout :

Take Hermodactyls, Turbith, Cambogia, Mebelean and Scammony, of each a dram; white Sugar candy two drams, powder them very fine.

This Pouder purges Serofities that lay a Foundation for it, or nourish those Humours that occasion the Pains. The Dose is from a scruple to a dram, taken in a Glass of Whitewine in a Morning fasting, and fasting two Hours after it.

Pouder to Incarnate :

Take Olibanum, Sarcocol, Myrrh, Mastick, Aloes, and Mummy,

long and round Birthworts, of each an ounce: bruise and make them into a fine Powder.

This cleanses Wounds, and causes the Flesh to grow, being laid to them alone; or mixed with Ointments, or proper Waters, as Camomil, Bugloss, Mint, Rhue, St. John's-wort, Blood-wort, &c.

Pouder to whiten Teeth :

Burn the finest sort of Pumice-stone, Cuttle-bone, white Coral, and Cream of Tartar prepared upon Porphyry, the Roots of Florence, Orice finely powdered, of each half an ounce; Sal Vitriolatum in Powder a dram, Musk and Ambergrease, of each three grains: mix them well together, and make a Powder.

This Pouder cleanses and whitens the Teeth. You may use it as it is, or mixed with Syrup of Coral, or dried Roses, or Syrup of Roses. Or, to save all this Charge, if your Teeth be sound, Rub them with a fine Pumice stone, and they will be as white as Ivory.

Pouder of Ulolets: Take the Roots of Florence-Orris one pound, yellow Saunders five ounces, red Roses four ounces, Storax, and Benjamin, of each two ounces; Cyprus, Tops of Marjoram, of each one ounce; Lignum Rhodium half an ounce; Cloves, Aromatick-reed, and Flowers of Lavender, of each two drams: make all these into a gross Powder, it is an excellent

cellent Perfume to put amongst Linen, Silks, or any Apparel, &c.

Pouder against the Jaundice : Take Crocus Martis, prepared with Sulphur one ounce; the Leaves of Senna, and Rhubarb, of each half an ounce: the best Cinamon, Salt of Wormwood, and Tamarisk, of each two drams; Saffron a dram: Powder fine, and with a sufficient quantity of the Syrup of Mugwort make an Opiate.

The Dose is from two grains to seven, mixed with a little Vinegar, and made up into a Bolus, or mixed in Whitewine, or some proper Decoction, which take as often as occasion requires.

Prevention of Agues :

Take the Pouder of Angelica-roots, Flowers of Antimony, of each half a dram; the best Canary three ounces: infuse them in a cold Place for forty eight Hours, and pour off the clear part for two Doses.

This is a singular good Vomit for the prevention or Cure of Agues of all sorts, being given in a Morning fasting, when an Ague is expected, for about four or six Hours before the coming of the Fit.

Peitnrose made into a Syrup, and decocted, is good for stegmatick and melancholy Diseases, and Fluxes of the Belly, and to strengthen

the Stomach of weak Persons.

Princes Pouder : Take red Precipitate one ounce, grind it upon a Porphyry to a subtil Powder, add to it two drams of Oil of Tartar per deliquium, which digest together twenty four Hours, grinding it a little now and then; upon this put Tartarised Spirit of Wine, to cover top it an Inch, and deslagrate it, which repeat twenty times, and it is done.

This is the true Receipt, as it came from the Prince's own Hand, and was communicated to Sir Francis Blundel, Baronet of Kings County in Ireland, who purchased it of the Prince with a considerable Sum of Money. It is famous in Curing the French Pox, and all the Symptoms attending it, as also the Scurvy, Dropsie, Gout, Sciatica, Hypochondriack, melancholy, and most Chronick Diseases, which afflict the extreame parts; and I have known it to be a Specifick against the Stone, Sand, Gravel, and all manner of Obstructions of the Reins and Bladder, doing that in those cases, which none of the Vulgar Nephreticks and Diureticks, could possibly perform. It is given in the Tolk of an Egg, Pap of an Apple, Conserve of Roses, Mithridate, &c. at Night going to Bed, from three grains, to ten or twelve, according to the Age, and Strength and Malignity of the Disease: The Prince gave it to a dram, but in my Opinion, that is a Dose

Dose vastly too great; where note, 1. That the Precipitate ought not to be ground dry; but with a mixture of a little Oil of Tartar, lest the Dust flying, it should offend the Eyes, Nose, and Palate. 2. That this Powder is nothing but common Precipitate, corrected with Oil of Tartar, and Spirit of Wine, by which the Acid in the vulgar Precipitate is observed &c.

Pudding of Cream: Take grated Bread, mix it with a like quantity of Flour, some minced Dates, Cinamon and Nutmeg finely beaten, Beef-suet, warm Milk, Eggs and Sugar; then take half the Pudding for one side, and half for the other; make it up round, and put some Butter into the middle of it, on the other side, aloft on the top; and put it in a Cloath, when the Liquor boils, into your Pot; and being boiled, cut it in two, and serve it up with Butter, Sugar, Verjuice, and Rosewater.

Pudding Excellent: Beat the Yolks of three Eggs with Rosewater, and half a pint of Cream; then setting it over a gentle Fire, put in about the quantity of a Puller's Egg of sweet Butter; and being melted, mix the Eggs and that together, and season it with Nutmeg, Sugar, and Salt; then add as much grated Bread as will make it as thick as Batter, and about half an ounce of Flour, with

a dozen blanch'd Almonds beaten: then all being mixed together, take a double Bag, wet and flour it, and put in the Batter; and when it is boiled, serve it up with Rosewater, Verjuice, Butter, and Sugar.

Pudding of Oatmeal: Take the biggest Oatmeal and steep it in warm Cream one Night, then put in some sweet Herbs minced small, the Yolks of Eggs, Sugar, Spice, Rosewater, and a little Salt; with some Marrow, then butter a Cloth, and boil it well, serve it in with Rosewater, Butter, and Sugar.

Puddings of Liver: Take Hogs Liver, boil'd a d cold, grate it like Bread, then take new Milk, and the Fat of a Hog, minced fine, put it to the Bread and the Liver; then dry Herbs, minced small, put the Herbs into it with beaten Spice, Anniseeds, Rosewater, Cream, and Herbs, Sugar, and Salt, so fill the Skins and boil them.

Pudding of Bisket: Take Naples Bisket, and cut them into Milk, and boil it, then put in Eggs, Spice, Sugar, Marrow, and a little Salt, and so boil it and bake it.

Pudding of Rice to bake: Take three pints or more of Milk, and put therein, a quarter of a pound of Rice, washed clean and pick'd, then set them over the Fire, and

and let them warm together, and often stir them with a wooden Spoon, because that will not scrape so hard at the bottom; to make it burn, then let it boil till it be very thick, then take it off, and let it cool, then put in a little Salt, some beaten Spice, some Raisins and Currans, some Marrow or Beef-suet, shred very small, then butter your Pan, and so bake it, but not too much.

Pudding Quabing: Take grated Bread, a little Flour, Sugar, Salt, beaten Spice, and store of Eggs well beaten, mix these well, and beat them together, then dip a clean Cloth, in hot Water, and Flour it over, and let one hold it at the four Corners, till you put it in, then boil it for one Hour, and serve it in with Sack, Sugar and Butter.

Pudding of Marrow baked: Let your Dish be indifferent deep, on the bottom whereof, lay Sippets of white Bread, and on that lay raw Marrow all over, with Dates, Raisins of the Sun, Orangado, and other Suckets, then having ready some Cream boil'd up with the Yolks of Eggs, lay thereon a Ladleful or two thereof, Marrow upon that, upon your Marrow make another lay of Dates, Raisins, &c. and then a lay of Cream; continue so doing, till you have fill'd up your Dish,

garnish the brim of your Dish with Paste, then set it in the Oven half an Hour, and it will be enough. In the boiling your Cream, you must put in whole Cinamon, and large Mace, and season it with Rosewater, Sugar, and grated Nutmeg.

Puddings Black: Take warm Hogs Blood, put in some Salt: when it is cold, put in gross Oatmeal well pick'd, after it hath stood a soaking all Night, then put in Rosemary, Thyme, Pennyroyal, Savory and Fennel, minced small, alter the hardness and redness of the Blood, with some Cream, beat in six Eggs, and season it with Cloves, Mace, Pepper, Fennel-Seed, and put in good store of Beef suet, in pretty big Lumps.

Pudding another: Take a pint of Milk, eight Eggs, four Whites, a little Salt, some Sugar, a spoonful of Flour, a little grated Nutmeg, beat it all very well together, butter the Cloth well, to rye it up and boil it half an Hour: Butter, Rosewater, and Sugar for Sauce.

Pudding of Sweet-Herbs: Steep a Penny white Loaf in a quart of Cream, and only eight Yolks of Eggs, some Currans, Sugar, beaten Cloves, Mace, and Dates, with the Juice of Spineage; then add Saffron, Cinamon, and Nutmeg, Sweet-marjoram,

ram, Thyme, Savory, Penny-royal minced very small, and some salt Beef suet, or Marrow.

These Puddings are excellent for stuffing of roast or boiled Poultry. Kid, Lamb, Veal, or Breast of Mutton.

Puff-Paste. the Best way: Take a pound and a half of Butter to every quarter of a peck of fine Flour, likewise six Eggs, (observing only to put half a pound of the Butter at first to the quarter of a peck of Flour) then rowl it up ten times one after another, and put Flour and Butter every time to it, as you beat it with your Rolling-pin, till it is so incorporated, that it becomes a pliable Paste.

Puffs of Apples: Take any Apple that is not hard or harsh of taste mince it with a few Raisins of the Sun stoned, then wet them with Eggs, and beat them together, with the back of a Spoon, season them with Nutmeg, Rosewater, Sugar, and Ginger, drop them in a Frying Pan with a Spoon into hot Butter, fry them, then serve them in, with the Juice of an Orange, and a little Sugar and Butter.

Puff-Paste another: Take a quart of the finest Flour, the White of three Eggs, the Yolks of two, a little cold Water, make it into a perfect Paste, then rowl it abroad thin, then lay on little

bits of Butter, and fold it over again, then make it broad again, and lay on more Butter, and then fold it over, and do so ten times, make it up for your use, and put your Fruit, or meat therein, and bake it.

Bullet: A right Pullet has a smooth leg, a smooth breast, and will pinch tender upon the Breast of it, and if she be full of Eggs, she will be open in the Vent, and soft in the Belly; but if not she will be hard in the Vent, and small vented.

Purflane to Pickle: Take the Leaves from the Stalks, then take the Pot you mean to keep them in, and strow Salt over the bottom; then lay in a good row of the Leaves, and strow on more Salt, then lay in a row of the Stalks, and put in more Salt, then a row of the Leaves, so keep it close covered.

Punch to make: Take one quart of Claret, or Water, half a pint of Brandy, a little Nutmeg grated, a little Sugar, and the Juice of a Limon, and so drink it.

Purple-Visolet, its Use and Virtues. It is in its nature temperate, and very fit to alter and change the ill quality of Humours, and to evacuate them chiefly. Viollets purge Choler, and qualifie the vehemency thereof: they are good for the Pains in the Head which proceed from Heat; cause gentle Sleep, and mollifie the Pricking of the Breast

Breast, and of the Lungs, and are profitable, against the Quinsie, and the falling of the Palate in the Mouth, and Inflammations of the Breast, and Side, and Stomach-Thirst, being dried and concocted in White-wine: They open Obstructions of the Liver, and cause Inflammations to cease: They are very good in the Jaundice, Black or Yellow: The Syrup mollifies the Belly, and is good in Pleurisies: and indeed is a Flower more to be admired by all in Physick, than for its charming Colour, and fragrant Smell.

Eyes Excellent: Take two Neats Tongues tenderly

boiled, peel them, and mince them small with some Beef suet, or Marrow, then take a pound of Currans, and a pound of Raisins of the Sun stoned, some beaten Spice, Rosewater, a little Salt, a little Sack, and Sugar; beat all these with the minced Meat in a Mortar, till it come to a perfect Paste; then having your Paste ready laid in your baking Pan, fill it or them with this Meat, then lay on the top, some sliced Dates, and so close them, and bake them; when they are cold, they will cut smooth like Marmalade.

Watts to Roast: Truss them, then chop some Sweet Herbs, and Beef suet together, and put into their Bellies; put them on a small Spit, and at the first heating baste them with Salt and Water, after that with Butter, and dredge it with Flour: make Sawce with Gravy, in some of which an Anchovy or two has been dissolved, as also a sliced Shalot or two boiled; squeeze in the Juice of two or three Oranges and Limons, and garnish with Li-

mon-peel, or slices, and some grated Manchet, a few whole Cloves, and some Bay-leaves; and so pour on the Sawce, and serve them up as hot as they can be got from the Fire.

Quaking-Pudding: Take new Cream a quart, blanched Almonds half a pound: beat the Almonds very finely, loil them in the Cream, and then strain them: put in a Blade or two of Mace, and season it with Rosewater and Sugar; then take five Whites of Eggs, beaten up with Pouder of Cinamon,

Cinamon, and two or three Spoonfuls of fine Flour, put in what was left in the Strainer; so make it into a thickness and boil it: serve it up with Cinamon, Sugar, Rose-water, Butter, and Verjuice.

Quartan-Agüe: Take a dram of the Powder of the black Tips of Crabs-Claws, and take it in any convenient Vehicle or Conserve, twice or thrice, without remitting any Day when the Distemper comes.

Queens-Bisket: Take twelve ounces of Flour, and a pound of fine Sugar, twelve Eggs, yet the Yolks but of nine of them, to prevent their being too yellow; take what Anniseeds and Coriander-seeds you think convenient, beat and mix the Materials very well together till they become a soft Paste; and to make it lighter, if you think it convenient, you may add a little Yest. Let this Paste be put on a Paper, or in Coffins, about two Inches broad, and four in length; which put on a Tart-pan into the Oven moderately hot, and when they begin to turn brown, take them out, and lay them on a Paper in some dry Place, that they may be kept from relenting.

Queen of Hungary's Water, the true way: Take four pound of Rosemary Flowers, gathered in a fair Morning, two or three Hours after Sun-

Rising, and pickt from all the green part, put them into a Cucurbite, and pour upon them three quarts of Spirit of Wine, well rectified; press down the Flowers into the said Spirit, and cover the Cucurbite with its Head and Alembick, lute well all the junctures with Paste and Paper; then place it in the sand Bath, and lute a Receiver to it; then leave it so till next Morning; then distill it with so moderate a Fire, that while the Spirit distilleth, the Head may not be so much as warm; or to hasten the Distillation, you may cover the Head with a Linen Cloth doubled several times, and dipped in cold Water; dip again, and cool the Head several times: continue the distillation until you have drawn about three quarts of Spirit, which will be very pure, and charged with the best and Volatile Substance of the Flowers. then take out all the Fire, and let the Bath cool, unlute the Vessels, and put the Spirit into a Bottle well stoppt; then strain and press out the Liquor that remains in the Cucurbite, and classify it, then put it into the Cucurbite again, and distill it untill it remain in the bottom of the Consistence near as thick as Honey, or a thick Syrup, which put into a Pipkin well glazed, and boil it over the Fire to the thickness of an ordinary Extract, put

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the last Spirit into a Bottle by it self.

Queens Perfumed Water: Take Benjamin four ounces, Storax two ounces, yellow Saunders one ounce, Cloves two drams, two or three pieces of Oris, half a Citron-peel, Cinnamon half an ounce, two Nutmegs, and about two quarts of Water; put all these into a new glazed earthen Pipkin, and let them boil over a gentle Fire till half the Liquid is consumed: then take about six grains of Musk powdered, with about as much Sugar as the bigness of a small Nur, which dissolve with a little of the Water: then strain it all, and put it into a Glass well stopped, and use it as a curious perfuming Water to scent Rooms, and sprinkle on Linen, &c. The Drege likewise dried and powdered, make a good Perfume.

Queens Sweet-Water: Take red Roses, and a quart of damask Rose-water, Muskadine and Orange-flower-water, of each three pints; Water of Melilot flowers, Flowers of Myrtle and Garden Costmary, three pints: put all the before said distilled Waters into a glass Bottle, to which add a pound of Benjamin in Powder, Cloves, Cinnamon, and Orange-peel dried, and finely bruised; stop the Bottle close, and suffer it to continue so a Month before you use it; and then it

will yield a very fragrant Scent.

Quicksilver, made into Cinnabar: Put half a pound of the Powder of Sulphur in a large earthen Pot well glazed, set it on a hot Coal-Fire, and put a pound and a half of flowing Mercury into a piece of Shamoy Leather, tye it in a hard knot, and when the Brimstone is well melted, drop the Quicksilver upon it, and press the Knot between your Hands, so that it may pass through the Pores of the Leather, stirring the Substance in the mean time with a wooden Spatula, and continuing the pressing forth, and stirring the Mercury till it is all pressed through, and uniting with the Sulphur, they appear a black Mass: then let it cool, and beat it into Powder, and so put it into an earthen Pot proper for Sublimation; join to the Mouth of that another Pot of the same bigness, with the bottom uppermost, having stoppt the hole with a piece of Paper, begin the Sublimation with a gradual Fire, encreasing it some Hours, by which means the Mercury being incorporated with a portion of Sulphur requisite for it, it will sublime to the top of the uppermost Pot; leaving some faeces in the lower Pot; then when the Vessels are cold, you will find the Mercury sublimated into Cinnabar of

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a very red Colour, veined with long brown glittering Streaks; but the Colour will appear more fresh and lively, when it is broken in pieces and ground; and therefore it is that the Painters make use of it in this manner.

Quiddony: This may be made of Quinces, Plumbs, Apples, Pears, Apricocks, or any other Fruit that is suitable: and to do it, Take of the preserved Fruit you intend to make it of, and add a pound of the Fruit separate from the Stones, Rind, or Cores, boiled till it may be beaten into Pulp; add then a pound of fine Sugar, and when it comes to the thickness of a Jelly, let it cool.

Quince-Cakes: To make thereof sort, Take the Syrup of Quinces and Barberries, of each a quart, and about a dozen of Quinces pared and covered; boil them till they are very soft, and drain the Pulp or liquid part, and boil it up with six spoonfulls of fine Sugar, till it be candy proof; then take it in a Ladle, fashion it on Plates into Cakes; and letting it cool, dry them in a Stove, or in a gentle Oven, soon after the baking is over.

Quince-Cakes Transpa-
rent: Take a pint of the Syrup of Quinces, and a quarter of a pint of the Syrup of Barberries; boil and clarify them over a gentle

Fire, scumming them clean; then add twenty ounces of fine Sugar, stir them well together on the Fire: and when it is taken off, till it be almost cold, spread the Pulp as before, and make your Cakes into what fashion you think proper.

Quince-Cakes white:

Take a quart, and half a pint of Water, boil it up, and add so much fine Sugar as will heighten it to a Candy; then pare about a dozen large Quinces, core them; and when they begin to be soft in other Water, wherein you may first set them over the Fire, take them out and beat them into Pulp, and so put that Pulp in to the boiling Sugar and Water before mention'd, and let them continue there a long while; then make them into Cakes on a Plate: If you would have them very white, clarify your Sugar with Whites of Eggs, that you first sweeten your Water withal.

Quince-Cream: Roast four or five ripe Quinces, quarter them, take out the Core, and cut them in thin slices; then boil them up gently in a pint of sweet Cream, with a whole Race of Ginger; and when it comes to a thickness, strain it out, adding so much Sugar and Rosewater as will sweeten and scent it.

Quinces a Jelly: Take some of the Decoction and

Inside of the Rind of the Quince, or other Fruit, that has boiled long in a considerable quantity of Water: The Decoction being made, let it wast in the Sun, or before the Fire, and so boil it up to a Jelly with a quart of Isinglass.

Quinces to Pickle: To do this, that you may keep them green all the Year, Take them when they are not quite ripe, wash them in Salt and Water, and rub off the Scurf, if any be on, and let them lie in that Water twenty four Hours, boil up a Pickle of Wine-Vinegar, put into it a handful of Bay-salt, a few blades of Mace, and some Cloves, with six or seven Bay-Leaves; put the Quinces into it scalding hot, and parboil them; then put them with the Pickle into an earthen Pot, and so they will keep, and be of use for Tarts, or what other use you please to put them to.

Quince-Pye: Take preserved Quinces, separated from the pearing and the Core; then make a Syrup of Spring-water, with fine Sugar boiled up in it, and take as much as the Quinces weigh; to every pound add a pint of the Syrup, make the Syrup in a Preserving-pan and being scummed and boiled, put the Quinces into it; boil them till they be well coloured, and then put them into the Pies in

halves, or quarters; make them in fashion round, either in Pies, Tarts, or Patty-pans, with a cut cover; but before you bake them, put in more fine Sugar, and leave the Syrup to put in after; and then Ice it. Thus you may do by Wardens, Pippins, hard Pears, or green Codlings.

Quinces to Preserve: Take of Apple Quinces, when moderately ripe, lay them a while after they are gathered, on fresh Straw, or new Hay, for three or four days, covered so that they may sweat a little, and evaporate the superfluous Moisture: then pare them very thin, and boil them in Spring-water till they are very soft: then cut them in quarters, take out the Cores, and mingle the Pulp with the Water, ten Quinces, and two spoonfulls of Sugar being sufficient to boil up a Pottle of Water: and when it is boiled to a thickness, put in the Quinces you intend to preserve, and let them boil till they contract a greener Colour than natural, then put to them some more Sugar; the scum being taken off, put them up in an earthen glazed Pot, and stop them close.

Quinces to Preserve Red: When they are pared and cored, put them into cold Water, and for every pound of Quince, take one pound of Sugar, and a pint of Water, make a Syrup thereof, then

put in your Quinces, and set them on a slow Fire, close covered, till you see they are of good colour, and very tender, then take them out and boil your Syrup till it will Jelly.

Quinces Raw: To keep these all the Year, Take some of the worst Quinces, and cut them into small pieces, boil them in Water, putting to each Gallon three Spoonfulls of Salt, and as much Honey; and so let them boil till the Water becomes very strong of the Quinces, and when it is cold, put in a quart of Whitewine-Vinegar, and then put the best Quinces into the Liquor, close them up in an earthen Pot, and they will keep fresh all the Year, so that you may use them for Marmalades, or other Matters, at any time.

Quince-Seed, an Oil: Take the Seeds or Kernels of Quinces, bruise them, and put them into a Frying-pan with a little Wine. Let them be well stirred together, till they are so hot you cannot endure your Finger on them; then put them into a Canvas Bag, and press out the Oil with a considerable strength; and having both Oil and Water you must separate them.

This Oil is very good against all Pains in the Stomach, helps Digestion, and is good against windiness in the Stomach, and Bowels, bringing it away. It inciteth to Vene-

ry, and is good against the Hemorrhoids and Pustles; the Parts afflicted being anointed with it.

Quinces the Syrup: Take three quarts of the Juice of Quinces, settle it well, and clarify it from the Dregs, and boil it over a gentle fire till half be consumed: then add three pints of Alicant, or a deep Red Wine; four pound of White Sugar, Cinnamon a dram and a half, Cloves and Ginger two scruples; and boil them up to a Syrup. Let it cool by Degrees, and keep it close stopped in Glass Vials for your use: this mixed with Water of Endive, is very cooling and excellent in Fevers, and other hot Diseases, two or three Spoonfulls being taken at a time.

Quince Tart: Pare and slice your Quinces very thin, season them with Candied Citron, and beaten Cinnamon, and Candied Orange scraped small, or raw Orange, or Lemon-peel, or Caraway or Anniseeds; put ten Pippins to six Quinces, and according to the bigness or littleness of your Tart, half the weight of the Fruit in Sugar; then close it up, and bake it, and Ice it over with Sugar dissolved in Rose-water, and make your Tarts into what Forms you please, and serve them up. Scrape over them Sugar and Powder of Cinnamon.

Quince

Quince Tart: Take Quinces newly gathered, or kept very dry in Straw, pare them thin, and take out the Cores; and being cut in four quarters, slice them thin; then take Pippins, or any hard Winter Fruit, gathered before they are ripe, and using them in the same manner, lay a Laying of each, scrape an Orange-Peel, and scatter it among the Layings; then add Syrup of Quinces, and on the top of all, strew fine Sugar mixed with a little Powder of Cinnamon, and close up the Coffin in what Fashion you please, baking it well in an Oven not heated with two quick a Fire.

Quinque-folium, or Cinque-foil: The root of this is dry and binding, and is to be taken from one to two drams in Powder. It stays all manner of Fluxes of the Bowels, and Fluxes of the Blood, in any part, Catarrhs and Defluxions on the Lungs, and allays the sharpness of Choler, eases the Pains of the Sout and Gonorrhea's; the Juice of it, is good in Fevers and hot Diseases; an Infusion of it opens Obstructions.

Quinque-herba, or Ribwort Plantain: This Herb is astringent and vulnerary, the Juice is good against spitting and pissing of Blood. The Essence of the Juice taken with Spirit of Wine, does the same. The distilled Wa-

ter of it is good against spitting of Blood, and the Phthisick. The Insipissate Juice stays the Courses, heals all inward Grievs of the Body and Inflammation, and is more effectual than any other sort of Plantane. This being one of the narrow-leaved sorts, call'd by some Ribwort.

Quinques to Cure: Bruise thirty two ounces of Purified Salt-Petre, put it in a crucible which must be put in a very hot Fire in a Furnace, and when the Salt Petre is melted, put to it an ounce of Flour of Sulphur, by a Spoonful at a time, so that the matter will presently fall into a flame, and the more volatile Spirit of the Salt-Petre will evaporate, and when the flame is over, the matter will remain in a very clear Fusion. Then with a pair of Tongs, take out the Crucible, and turn it upside down into a very clean Basin a little warmed.

This is that which is vulgarly called Crystal Mineral, or Sal Prunelle.

This beaten into Powder, is taken with good Success in the dangerous Distemper called the Quinsie. It also cures and works by Urine in burning Fevers, and other Diseases, that proceeds from Heat and Obstructions, and the Running of the Reins. The Dose is from half a dram, to a dram, and may be taken in any proper or convenient cooling Liquor.

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Quintess Description, &c. This Grievance do's most frequently happen between the Spring and Summer, the first Assault of, the Fever is seconded by the Pain of the Inflammation of the Jaws, which together with the Swelling of the Uvula, Tonsils, and Larynx, renders the afflicted Person unable to swallow, and scarcely to breathe. In this case, *First give this: Take Milk-water three ounces, Poppy-Water one ounce, Spirit of Sal Armoniack twenty drops, Spirit of Harts-horn thirty drops; mix for a Dose, and to be two or three times repeated in twenty four Hours:* then anoint the inflamed part with Honey of Roses impregnated to a very high degree of Acidity, with Spirit (not Oil) of Vitriol, or Sulphur, and presently after, take the following, (not

after the usual manner, but only hold it in the Mouth, till it is hot, and then spitting it out, renew it with that which is cool,) *viz.* Plantane-water, Rose-water, and Frog spawn-water, of each four ounces; the Whites of three Eggs, beat and reduced to Water, Sugar-candy three drams; mix them well, and make a Gargarism of them.

Quintessence of Honey: This is the curious Extract of Honey, and is very useful in divers Diseases and Grievances; *viz.* It helpeth the Cough, or Catarrh, Palsie, Falling-sickness, and Pains of the Milt, and divers other Diseases; and its said, that if two or three drams be given to a Party struggling for Life, or gasping for Breath, it will for a while bring them to themselves again.

Rabbit: If she be new killed, will be stiff; but if stale kill'd will be limber; also Hares Conies, and Levarets the same. When you kill them, they must be cold before you put them in Panniers, or else they will sink. *Res cometh by giving them too much green Meat:* Therefore give it them

seldom, and then the dryness of Hay given them, will dry up that Moisture. *Madness;* give them Thistles to eat, and it will heal them.

Rabbits Baked, to be eat cold: Parboil your Rabbits, and bone them, then lard them, and season them with Pepper, Salt, Cloves, Nutmeg, and Mace, then put them into the Pye,

Pye, with a good quantity of Winter-savory, and forced Meats, put on a pound of Butter on the top, and close it, when baked and cold, fill it with clarified Butter.

Rabbit to Boil: Take a Rabbit, trust it, and boil it with a little Mutton Broth, White-wine, and a Blade of Mace, then take Lettice, Spinage and Parsley, Winter-Savory, and sweet Marjoram, pick all these and wash them clean, and bruise them a little to make the Broth look green, thicken it with a Crust of Manchet first steeped in a little Broth, and put in a little sweet Butter; season it with Verjuice and Pepper, and serve it to the Table upon Sippets; Garnish the Dish with Barberries.

Rabbits a la Française: Take your Rabbit, and cut it in pieces, put it into the Frying-Pan, put in half a pound of fresh Butter, and let it boil, then put in your Rabbit, and let it be half enough: then take it out, and clean your Pan, and put in some Water, and let it boil; then put in one slice of Onion stuck with Cloves, and a little whole Pepper, a Bunch of Thyme, and a little Limon-peel, and let them boil together a while; then take out your Onion and Thyme, and put in your Rabbit: then shred some Marjoram, Thyme, Parsley, Limon-peel and Nutmeg, and strow

on your Rabbit in the Pan; then take three Yolks of Eggs, and beat them well, and a Piece of Fresh Butter, and a quarter of a pint of White-wine, or a spoonfull of White-wine Vinegar, and beat with your Eggs; then put them into the Pan, and let the Pan be kept shaking and stirring with a spoon, till they be thick, then pour them into your Dish, and serve it up to the Table.

Rabbits a la Française: Take young Rabbits, and cut them into small Pieces, mince a handful of Thyme and Parsley clean pick'd; season them then with Nutmeg, Pepper, and Salt; take two Eggs and a half, a quarter of Verjuice, beat them together, throw them into the Pan, and having sliced it when enough, dish it up in Sippets with Butter and Verjuice.

Rabbits to Dress: Wash them, take the Flesh from the bones, and mince it small; then put to them a little strong Broth, made of Mutton or Veal, some Vinegar, and a Shalot or two, with a little grated Nutmeg: Let it stew, and then shred a handful of Parsley; then half a pound, or as much as will serve, of Butter: Toast Bread for Sippets; serve it up, garnished with Limons.

Rabbit Roasted: Spit them not Back to Back, but Skuer them up Side to Side, they

they will roast so much better; being roasted enough, take Butter and minced Parsly, being first boiled or roasted in their Bellies, and add thereto the Livers minced very small, and so serve them up.

Habbits to Stew: Take a couple of Rabbits of about three months old, half roast them, and so take them off the Spit, cut them into handsome pieces, and put them into a Dish with the Fat and Gravy that fell from them, and as much Water, with half a pint of White-wine, after boiling and scumming, as will cover them; then put in a piece of fresh Butter and Ginger, finely grated, with Pepper and Salt, and two or three Pippins minced: Let these stew about an Hour, over a gentle Fire, and dish them up with Sippets.

Radish, or, Horse-Radish: This is in some places found wild, but most usually planted in Gardens, encreasing much in most shadowy places: it flowers in July. The Juice of it given in drink, is held to be very effectual for the Scurvy. It kills Worms in Children, the Juice being drunk in convenient Liquors, or the Root laid, bruised Poultrie-wise, to the Belly; by the latter means it takes away the Pain of the Sciatica, Joint-Ach, or the hard Swelling of the Liver and Spleen: The distilled Water of the Root

and Herb is better taken with a little Sugar. That called the *Garden-Radish*, is vulgarly known; and though it be but of bad Digestion, yet it has some good Qualities with it; for though it is held when eaten raw in Salads of the like, to breed ill Humours, and corrupt Blood; yet it wonderfully helpeth those that are afflicted with the Stone and Gravel, and the stoppage of Urine; and the Juice of these Roots made into a Syrup, is exceeding good to purge Urine.

Bagwort: This has several Names, as *Stammerwort*, *Seggum*, *St. James-wort*: It flowers in June, or the beginning of July, the Seed of it being ripe in August. The Decoction of the Herb is good to wash the Mouth that is sore or has Ulcers, also for Hardness, Swelling, or Impostumations, it being very cleansing and healing in such Matters; as also helpful in the Quinsie, and King's-Evil: It stays Catarrhs, thin Rheums, and Desfluxions into the Eyes, Nose, or Lungs, proceeding from the Head. The Juice is singular good to heal green Wounds, to cleanse and heal old Ulcers in the Privities, and other Parts of the Body; as also inward Ulcers or Wounds; and puts a stop to the malignity of running Cankers, and hollow Fistula's, hindring their spreadings, and is much

much commended for Aches, or Pains in the Nerves, fleshy Parts or Sinews; also the Sciatica, or Pain in the Hip or Huckle-Bone, to bathe the Place with the Decoction of it, or anoint it with the Quintment of the Herb bruised and boiled in Hogs-Lard with a little Olibanum, and Mastick in Powder.

Ratto to Boil: Cut off their Heads and Leggs; truss and put them into a Pipkin of strong Broth, add to them Currans, Dates, some Blades of Mace, half a pint of Whitewine, Pepper, Salt, and a piece of Butter; and when they are all together stewed enough, place them orderly in a Dish upon Sippets, thicken the Broth with grated Manchet, melt a little Sugar in Rose-water, put the Broth to them, and serve them up garnished with Limons, or Oranges sliced as a dainty Dish.

Raphanus, or Radish: Though no great notice is taken of this Root, but the eating them with Salads and Provisions, yet there are many excellent Virtues in it. The Root of the Garden Radish cleanses, attenuates, and opens, and in the Stone is of great Virtue for expelling it, and provoking Urine; it cleanseth the Stomach of slimy tartarous Humours, and opens the Obstructions of the Liver and Spleen, Reins and Womb, and distributes the Chyle. The

Seed, which has all the Virtues of the Root, is hot in the third Degree, and dry in the second; wherefore two drams of it is successfully given in a spoonfull of Worm-wood-water for killing the Worms in Children, and removing the Gravel and Sand from the Kidneys and Bladder. A distilled Water of the Roots and Leaves, beautifies the Face and Hands by taking off the Spots, Scurf, and making the Skin smooth and fair, if often washed with it. A Syrup of the Juice is excellent against the Stone, (to make which, find the Receipt in this Work.) It is a singular Remedy against the Survey, helps all Obstructions, and the Asthma's, old Coughs, and Shortness of Breath.

Rasberries: These are very Cordial and good in Taste: The Syrup much availeth in Fevers. To make which, take these Directions: Of the Juice clarified, and Sugar; take an equal quantity, boil them to a Syrup, and stop or cover the Vessel close: It is very cooling and pleasant, and is to be given in hot Diseases. Again, Take the Syrup of Rasberries and Clove-Gilliflowers, each two ounces; of the Juice of Kermes, one ounce: make a white Mixture, and take a spoonful every Morning; and it is an excellent Cordial for Women before Delivery.

Rasberries

Raspberries to Preserve: Take the weight of your Raspberries in fine Sugar, take some Raspberries, and bruise them a little, then take the Juice of the bruised Raspberries, and the weight of it in Sugar, and your other Sugar, named before, and boil it, and scum it, then put in your whole Raspberries, and boil them up once, then let them stand over the Fire without boiling, till you see it will Jelly, and that it look clear, then take up your Raspberries one by one, and put them in Glasses, then boil your Syrup, and put it over them.

Raspberry Tart: Take Puff-Paste, rolled thin, and lay it into your Baking-Pan, then lay in your Raspberries, and cover them with fine Sugar, then close your Tart, and bake it, then cut it up, and put in half a pint of Cream, the Yolks of two or three Eggs well beaten, and a little Sugar; then serve it in cold with the Lid off, and Sugar strew'd upon the brims of the Dish.

Raspis, a Jelly of: Take of the Fruit pretty ripe, set them over the Fire in a Posner, and extract the thin Juice, cooling the bottom of the Skillet, as you find occasion, with fair Water: then strain them with a fine Strainer, and when as much is taken as can be, add the like weight of Sugar, and boil them up into a Jelly.

Raspis, a Syrup: Take nine quarts of Raspis, or Raspberries gathered dry, and clean pickt, put them into four quarts of Canary in an earthen Pot, and paste or lute it up very close, keep it in a cool Place ten Days; then digest them in a Glass Still, adding a fourth part of the former quantity, and fresh Berries, and Wine: and when all the colour is taken out of the Berries, strain out the remaining Liquid part, and put as much Sugar as will boil it up into a Syrup, keeping it scumming during the boiling.

Rats to kill. See White.

Rattle-Glass: Of these there are two kinds, viz. Red and Yellow. The first of these is used to heal up Fistula's, hollow Ulcers, and to stay the Flux of Humours, and Fluxes of Blood, being boiled in Claret, or other red Wine, and drank hot about a quarter of a pint at a time.

The Yellow sort is by some called Cocks-Comb, and is held to be good for those that are afflicted with Coughs, Catarrhs, and the like; or Dimness of the Sight, if the Herb boiled with Beans, and a little Honey added to it, be drank, or dropt into the Eyes.

The whole Seed being put into the Eyes, draweth out any Skin, Film, or Dimness from the Sight without any trouble or pain.

Raleigh, his Cordial-Ma-

ter:

ter: Take a gallon of Strawberries, put to them a pint of Aqua-vitæ, and so let them stand four Days: then strain them out, and sweeten the Liquid part with fine Sugar, and add, if you please, a grain of Musk. This greatly revives the Heart, and is good, a spoonful or two taken at a time, in Violent Fevers.

Red drying Ointment: Take Olive-oil two pound, and white Bees wax half a pound; melt them together over a gentle Fire; then take them off, and stir them together with a wooden Spatula till they begin to thicken, and then add the following Powders, viz. Calaminaris-stone, and Bole-Armoniack, of each four ounces; Litharge of Gold, and Cerusse of each three ounces: Camphire one dram: put these into the Ointment, stirring it till it becomes cold; then add a drop or two of the Spirit of Wine.

This Red Ointment is drying and cooling: it closes and strengthens, and stops De-fluxions, that fall upon the Parts. It digests and consumes the superfluous moisture of Wounds, and Ulcers, and is of great use to finish the healing Part, and hasten the Cure, &c.

Redness in the Eyes: This often proceeds from the over-abundance of Blood that flows into the Eyes; and in this case it is necessary, if need

require it, to bleed by Cupping-Glasses, applied to the Shoulders; and purge the Body; and outwardly to apply such things to the Eyes, as may repercuss and drive back the Humours offending. To do which,

Take the White of an Egg, beat it up to a very fine thinness with Woman's Milk, and drop it into the Eyes by degrees, cooling and keeping them close when it is dropped in. Or,

Take Linseed, boil it in Water, and wet a Sponge in the Decoction and lay it warm on the Eyes: or do it in like manner with the Decoction of Fenugreek and Camomil; or the Juice of Night-shade beaten up with the Oil of Roses, and the White of an Egg; and dip a Linen Cloth in it, and lay it on the Eye, when you lie down to take your rest.

Redness of the Eyes: Take Camphire a quarter of an ounce, Dragons-Blood and Bolus, of each half an ounce; Verdigrease bruised and sifted very fine, an ounce: infuse these in a pint of the distilled Water of large Plantane, often shaking them; wash the Eyes with the Water often, and it will take away the Redness and Pains, allswage the Swelling of the Eyes that have long so continued, and may be used as an excellent Mouth-water for impostumated Sores or Ulcerations.

Retins

Reins Running : Take a Parsnip, slice it very thin, and boil it soft in the new Milk of a Red Cow, till it looks very white, take it out, and mash it with the Juice of Oak-Apples, or for want of them, Acorns or Oak-leaves; and sweetening it with a little Sugar beat up in Butter, eat of this Morning and Evening moderately, for three or four Days successively.

Or you may take every night, going to Bed, two or three grains of our Volatile Laudanum, for eight, or twelve, or sixteen Nights, more or less, as you see occasion, and if it is Virulent and Inveterate, first purge three or four times with our Family Pills; then after the Purging take the Laudanum, and five or six times a day inject into the Yard (with a Yard Syringe) this following Injection: Take Plantane Water a quart, Roch Alum, White Vitriol, Saccharum Saturni; of each two drams; mix and dissolve, to which add Spirit of Wine four ounces, digest ten Days, then filter through brown Paper, and keep the clean Water for use.

Rest-Harrow : The Bark and Root provoke Urin, expel Gravel, ease the Pains of the Teeth and open Obstructions of the Liver, being infused in Wine, or in Posset-drink, and drank fasting.

Restriatbe. Ointment : Take two quarts of Olive-oil dried, Whortle-berries half a

pound, Green Servises, and the Juice of Whortle-berries, of each a pound; Roach-Alom a pound and half: put the Berries into a large earthen Pot well glazed, pour in the Oil, and dissolve the Alom in the Juices, and so put it in with them, and cover the Pot: set it boiling in a Bath till the moisture is near consumed, then press out strongly the Matter; and having separated the Oil from the Faeces, take the same Oil three pound, white Bees-wax nine ounces, melt the Wax in the same Pot and Bath, then the Pot being taken off, stir the Ointment with a wooden Spatula; and when it thickens and grows half cold, take Cypress Nuts, Whortle-berries, Pomgranate-flowers, and Rinds, Acorns, the Stones of Grapes, Grains of Sumach, Burnt-Alom, Mastick, Acacia, burn the Alom in an ordinary Fire; then beat the other things into Powder, with the rest of the Ingredients; the Mastick excepted, which must be beaten a-part; and having sifted the Pouders thus prepared, mix them with the Ointment, stirring it till it becomes cold.

This is a good Stryptick Ointment applied with Success to the Reins to strengthen them; also the Ligaments of the Matrix, the Descent whereof it hinders, and prevents Abortion, by anointing the entrance thereof, and the lower part

Part of the Belly. It is also successfully used to close the Neck of the Matrix after Lying-in, and to consolidate what Defects may have happened in difficult Labour: It is also very proper against the Relaxation of the strait Guts, apply'd without, and put into the Fundament; and to stop the unreasonable Loss of Blood in Women applied to the Region of the Reins and Liver, and all the Belly: It is also laid upon the Stomach to stay Vomiting. This Ointment causes not Heat, and is the best known for Cleansing and Consolidation.

Rheubarb : The Root only of this Indian Drugg is here preferred: It is an excellent Medicine, gentle and without danger, wherein many Virtues are comprised: It cleanseth and fortifieth the Stomach and Liver, heals the Pains and Prickings of them, clears the Blood, openeth and healeth all Maladies that proceed from Stoppages, as the Jaundice, Dropsie, Swelling of the Spleen, and long Fevers: It is good against Spitting of Blood, and stops it. It may be moderately taken at all convenient times without danger. The Chewing of it purges Choler and Flegm. It is excellent boiled and taken in Posset-drink before the cold Fit of an Ague comes, and is indeed extolled by all ingenious Physicians for the Cure of

Fluxes of the Belly, of all kinds, which it does easily, surely, and without any evil Symptom succeeding it, and therefore is accounted as the most excellent of Roots that ever was brought into this Nation from any Foreign Parts.

Rheum : Take a pint of Malmsey, or Muscadell, boil it gently, thicken it to a kind of a Syrup with five ounces of fine Sugar: then put in four ounces of the Juice of Corn, Poppy Flowers, and being cool, bruise a Licorice-stick at one end: and when you take it, which will be best towards Bed time, dip the bruised end of the Stick in it, and suck from that about as much as comes to an ounce at a time. This is excellent good likewise against Colds, and cleanses the Stomach and Lungs of offensive Matters.

Rheum to Dry up : Take Lettice-seeds, white Poppy-seeds, and Purlain-seeds, of each a dram: Tragacanth, Gum-Arabick, and Saffron, of each half a dram, Opium three grains: bruise and powder these, and make them up into a Paste Lozinge-wise, with Syrup of Red Poppies; and when you take one of them in a Morning, and at Night, Bruise it, and put it into a little Wine; then keep your self warm, and as much from the Air as may be.

If the Catarrh or Rheum is Obsolete and has been of long continuance,

continuance, it will scarcely be possible to be cured without the use of Laudanum: In this case take our Volatile Laudanum from three grains to six, nine, or twelve grains or more, gradually increasing the Dose, as the Patient can bear it, every Night going to Bed; and Morning and Noon take as much as a Chestnut of this Elestuary. Take Pulp of Green Ginger four ounces, Syrup of the same three ounces: Flowers of Sulphur, Catechu, Jesuits Bark, of each an ounce, all which being in fine Powder, mix with the former things and make an Elestuary.

Rheumatick Eyes: First gently Purge the Head and Body, and let the Patient sweat a little: Then use the following Powder for the Eyes:

Take Tutia prepared an ounce and a quarter, Red Coral, and Yellow Mirobolans, of each a quarter of an ounce; Pepper half a dram: powder them very finely, and strew some of it in the corners of the Eyes: This do frequently, and the Rheum will be removed; and then by washing, the sight may recover its clearness. Or,

Take Rain water, boil in it Myrtle-seeds, and Gall-nuts, fine Bolus, and Cypress-nuts; and with the Decoction well strained and settled, wash the Eyes Morning and Evening,

Rice: This nourishes mainly, but it is made of more easie Digestion, than to be eat as the Turks use it with their Mutton, and other Meats, with only boiling it with them as we do Roots or Herbs; being boiled in Cows-Milk, or Almond-Milk, it is very good to give, to such as are troubled with the Lax, and Colick. The Flour of it is very good in repercussive Plaisters. It stays Inflammations in the Breasts of Women, and helpeth them. The Decoction of Rice is very profitable in Clysters, given in Laxes, or Fluxes; and boiled in your common Drink, it allays Heart-burning and the Heat of the Liver.

Rice Cream or Milk: Take a quart of either of them, then put in two handfulls of Rice Flour, and a little fine Flour, as much Sugar as is fit, the Yolk of an Egg and some Rose-water.

Rickets: Take about six Shell-snails, and if you can get them, those that hang about Wines, wash them when taken out of the Shells, and boil them in a pint of new Milk, to the consumption of half of it: then take out the Snails, put in Bread and Sugar, and give it the Child troubled with the Rickets to eat; and let it do this Night and Morning for nine or ten Days, and use the following Ointment for anointing the Back,

Back, Stomach, and other Parts afflicted, viz.

Take Oil of Olives half a pint, two ounces of the Oil of Camomil, Oil of Limons one ounce, two drams of Mace beaten very fine, grate into these some White-Bread, set them into an Oven in an earthen Pot, when the Bread is drawn, and the Oven pretty hot; then strain it and use it warm.

The only thing to Cure the Rickets in Children is, *Ens Veneris*, which may be given from four Grains to Twelve, according to Age and Strength: you may give it in this Decoction; Take fair Water two quarts, figs slit, Raisins of the Sun stoned, Currants, of each four ounces, Liver-wort, Hyssop, of each two ounces, Green Liquorice bruised one ounce, boil all together for half an Hour or better, then strain it out, and keep it for the Child's ordinary Drink.

Roach-Blom, its Virtues: Take Roach-Alom an ounce, beat it into Powder, and add as much Vitriol likewise in Powder; dissolve these in Spring-water, and filter it after they have stood a considerable time.

This cures all manner of Tetter, Ringworms, Herpes, Scurf, Morphew, or Breakings-out in any Part of the Body, tending to Deformity, if the Place be washed with the Water these were dissolv'd in, two or three times a Day.

This Alom-water, without the Vitriol, is good to cleanse Wounds, and Ulcers: And being burnt in a rusty Fire-shovel, or on an old Iron Plate, till it becomes light, spongy, and white, the Powder of it will consume by degrees, and with little Pain, the moist and spongy Flesh, and Excrescences in Wounds and Ulcers, and in the Lips, commonly called Proud Flesh. It also hinders Corruption, dissipates and dissolves humid Tumours. It whitens the Teeth, being rubbed with it, and fastens them: and being mingled with Sage-Water, and Honey, is good against the Scurvy, or Defects of the Gums, that make them shrink away and decrease, that many times the Teeth fall out.

Roast Oysters: Take large Oysters, cut them out of the Shells into a Vessel with their Liquor but so, that no Gravel may be among them; set them then on the Fire covered, till they are scalded, draw eight or ten stripes of Lard through each Oyster, seasoned with Nutmegs, Cloves, and Pepper very finely beaten and sifted; then put them on two small Lard-spits, tye them together, and in the roasting baste them with Anchovies dissolved in Water, dridge them over with fine Bread, and then with what falls from them make a Sauce, only add the Juice of a Limon; and when

when they are pretty brown, take them off, and serve them up.

Roast Sea-Fowl : Draw them, and truss them, roast them larded, or unlarded, as their Particulars require; then take some Claret-Vinegar, two or three Ancoves, the Gravey in which the Gizzards were boiled, with Pepper, some hard Yolks of Eggs beat up but very thinly with these: and garnish them with stewed Oysters and Limon Slices, or Camphire and Bay-berries.

Rob : There is a Rob made of Barberries in this manner: Put to the Juice of Barberries one pound, or a pint, half a pint of white Sugar, and with the gentle heat of the Bath make it into a due thickness.

This is excellent good in hot Diseases, quenches Thirst, and cools the Stomach, and creates an Appetite.

Rob, or, Juice of Atropa : Take the Roots well cleansed and bruised, but yet so gently, that the Liquor may not fly away. Infuse the bruised Root three Days in fair Water, so much as may rise two Inches above them; and after it has boiled a little, press out the Liquid part, and boil it with a gentle heat to the due consistence of a Rob or Juice.

This is exceeding good for Coughs, and most Diseases of

the Lungs. Of this, as of the former, you may take half an ounce at a time twice or thrice a day.

Rocket, or Cresses : This is called *Winter-Rocket*; or *Winter-Cresses*; it Flowers about May, and Seeds in June. It provokes Urin, helps the Strangury, and helps Gravel and Stone: It is successful in the Scurvy, good in cleansing Wounds. The Juice or Decoction being drank, or outwardly applied to Ulcers and Sores, by its sharpness cleanses them.

There is another sort called *Garden-Rocket*, which is more used in Sallads than Physick. But another sort called the *Wild-Rocket*, is more strong and effectual to help Digestion and provoke Urin. The Seed is applied to cure the Biting of venomous Creatures, and expel Worms that breed in the Body. The Herb boiled, or stewed, and Sugar added to it, is very available in the Cough, or Cold, especially taken by Children. The Seed often taken in Drink, takes away the rancid Scent of the Skin. It encreases Milk in Nurses, and abates the Swelling of the Spleen; and mixed with a little Honey over a gentle Fire; if you anoint the Face with it, it will cleanse the Skin from Spots, Morpheus, and other Discolourings; and in Vinegar it takes away Freckles and

and Redness, not only in the Face, but in other Parts; and mixed with an Ox-gall, it smooths slight Scars, Wrinkles, Marks with the Small-pox, Black and Blew Spots, and the like.

Rocket-tilld : This is hot and dry, and its chief use is to stimulate Venerie, and is a preservative against Apoplexies; outwardly applied as a Poultice, it draws out Thorns and Splinters.

Rolls Fine : Take half a Peck of fine Flour, the Yolks of four Eggs, and a little Salt, with a pint of Ale-Yeast, mix them together, and make them into a Paste with warm Milk, and a little Sack, then mold it well, and put it into a warm Cloth to rise, when your Oven is hot, mould it again and make it into little Rolls, and bake them, then rasp them and put them into the Oven again for a while and they will eat very crisp and fine.

Rolls Short : Take half a Peck of fine Flour, and break into it one pound and a half of fresh Butter, very small, then bruised Coriander-Seeds, and beaten Spice, with a very little Salt and some Sugar, and a pint of Ale-Yeast, mix them well together and make them into a Paste, with warm Milk and Sack. Then lay it into a warm Cloth to rise, and when your Oven is hot, make it into Rolls, prick them, and bake them, and when they

are baked, draw them and cover them till they be cold; these eat finely; you may Butter some of them while hot.

Rosa Solis : The Herb or Plant so called, or in English *Sun-dew*, is hot and dry in the third degree, sharp and quick, and of subtle Parts. The Leaves beaten with Salt, and applied, are held to raise Blisters and Exulcerations. The distilled Water of the whole Herb, is very Cordial, and held by Physicians to be greatly available in the Consumption, Salt Rheums distilling on the Lungs, Wheezings, and Shortness of Breath; also heals Ulcers of the Lungs, comforts the Heart, and revives the fading Spirits.

A distilled Water called *Rosa Salis*, being by all held to be a very excellent Cordial, and an Essence of the Juice strengthens the Stomach, Head, Heart, and Liver, also the Bowels, and gives ease to Wounds: It is very famous in the Epilepsie, Plague, and all sorts of malignant and pestilential Diseases. Held in the Mouth it cures the Tooth-ach, and drank in a Glass of Wine it provokes the Terms, and expels the Birth. The Herb is held to cure Quartan Agues, if applied six Hours to the Pulse, and the Party bathed with the Water, or Decoction of it, and often repeated. The distilled Water drawn in a glass Still, is of a glittering

glittering yellow Colour like Gold.

Rosa Solis, the Water: Take of Aqua vite two quarts, in which four handfulls of the Herb Rosa Solis has been infused, Sugar finely powdered a pound and an half, Milk Water a pint and a half; then put to it half an ounce of Cinamon powderd, and strain it through a Cloath with two grains of Musk, and half an ounce of Sugar-candy.

Rose Leaves to Dry: Pick your Roses, and dry them upon the Leads of a House in a Sun-shine Day, turn them as you do Hay; and when they are through dry, keep them in broad mouth'd Glasses close stopd.

Rose-Lozenges: Take Provence or Damask-Roses when they are in their prime of blowing, beat them very fine and small, yet lose as little of the Juice and Scent as may be; then sprinkle over them Citron, or Limon-Juice, cover them close, and add as much fair Water or White-wine, as will boil them up a little till they become tender: then having fine Sugar boiled up to a Candy height, put them into it boiling, exempted from the Water and Juices, and keep them well stirring about a considerable time: then take out the Sugar and Roses, so mixed, with a Spoon, and lay it on Pye-plates; make it thin as is con-

venient, and cut it out into what form you please.

Rosemary-Water: Take the Flowers and Leaves of Rosemary when they are at their best, half a pound, of the Root of Elicampane four ounces, Red Sage a handfull, Cloves three ounces, and a like quantity of Mace, Aniseeds twelve ounces; beat the Spices separately, and the Herbs together; put to them four gallons of White-wine: and having infused them for the space of seven Days, distill them.

This Water greatly comforteth the Heart, removeth Pains of the Stomach, creates a good colour, and gently purgeth the Blood by breathing-Sweats.

Rose-Water: Take Roses, when just blown, before they open too much, and lose their fragrancy in the Air, gather them when the Sun has dried off the Dew or Moisture; and having picked the Leaves from the Stalks, without suffering any Seeds to scatter among them, spread them on a clean Carpet free from Dust, till they are altogether free from any moisture: then put them into a pewter Still, and make a Fire under them gently by degrees, and fasten your Bottle, or Receiver to the Nose of the Still, tying Paper, or Linen about it, to keep in the scent; add

so corking them up, when full of the Water, within an inch of the Cork, set them in the Sun two or three Days, and then in a warm Place especially, lest the Frost take them, and either break the Bottles, or spoil the Scent of the Water.

Roses and Gilliflowers to keep long: Take them when they are very fresh, and in the Bud; and gathered very dry, dip them in the Whites of Eggs well beaten, and presently strew thereon searced Sugar, and put them up in luted Pots, and set them in a cool Place, in Sand or Gravel, and with a fillip of your Finger at any time, you may strike of the Coat, and you will have the Flower fresh and fair.

Roses. an Oil Compound: Take fresh Red Roses bruised one pound, Juice of Red Roses four ounces, common Oil four pound, put them into a glazed earthen Pot with a narrow Neck, and stop it well: set it in the Sun to macerate, and having boiled it in Balneo Mariae, strain and press out the Liguor, and return it into the same Vessel again; do the like two or three times: then purifie the Oil, and keep it for use. If there be any moisture in it, it will be easie to separate it, because it falls to the bottom.

This Oil dulcifies and dis-

sipates Fluxions that fall upon the external Parts. It extinguishes Inflammations, and hinders the descent of the Humours, and appeases Pains; it tempers the heat of the Stomach, and the heat in the Reins; it asswageth the Pains in the Head, as also Deliriums, and provokes Sleep, dulcifying the sharp Humours that interrupt by their Acrimony. It must be warmed before you anoint the Part with it. It may be also internally given against the Worms and Dysenteries, from half an ounce to an ounce; It is good to anoint the Parts upon Fractures, and Dislocations of Bones. It is mixed with equal Parts of Vinegar of Roses, to anoint the Head when shaved, for the abating the Vapours, that ascend in burning Fevers, which too frequently cause want of Sleep, and Deliriums. This Oil also mixed in Pain-easing, and dissolving Liniments, and Cataplasms, and softening Plasters, to give them the consistence of Searcloth, is of singular use. The same way that this is prepared, you may prepare the Oils of Myrtle, Melilot, Elder-Water, Lilies or Nymphæa, Chamomile, Violets, Lilies, &c.

Roses-Red, Wdy: There is a Syrup however to be made of these, upon necessity; and to do it, Take two quarts of Water, make it pretty warm,

and infuse in it for the space of twenty four Hours four or five handfuls of dried Roses; and when the Scent of them is gone mostly into the Water, put fresh ones, and squeeze them at the taking out, and into this Water dissolve two pound of white Sugar, and so dissolve it into a Syrup.

This mitigates the hot Diseases of the Brain, asswages Thirst, strengthens the Stomach, causes Sleep, stays the Flux of the Belly, and agglutinates and mundifies Ulcers.

Roses, a Simple Oil: Take fresh Red Roses bruised two pound, the Juice of them half a pound, and common Oil five pints; put them all together in an earthen glazed Pot covered, and let them, if possible, macerate thirty or forty Days in the Sun; then boil them in Balneo Mariz, and press out the Oil very hard, and keep it for use.

It is cooling, asswages Heat, mollifies Swellings, and is good in Burns, or Scalds.

Rosin, its Virtues: The Rosin of the Larch or Turpentine-Tree, is hot, emollient, cleansing, healing, vulnerary, and pectoral, &c. It heals Ulcers in the Lungs, helps and stops the Gonorrhœa. It gently provokes Urin, and opens the Obstruction of the Reins, Ureters, and Bladder. The Dose in Powder is from one dram to two

drams. Outwardly, it is used in Balsams, Ointments, and Emplasters. It softens Tumours, and ripens them, if made up with Beef or Mutton-suet. It ripens and heals Felons and Whitlows, and cures them when they break, cleanses Ulcers, and heals green Wounds; is much available in the Pains of the Gout, and all other Aches, and Pains proceeding from a cold Cause. Helps Strains and Hurts of the Nerves and Muscles, and strengthens weak Limbs.

Of this, Spirits, Oil, and Balsam, are extracted, by distillation, in a large Retort in Sand, distilling first with a very gentle Heat, till all the Flegm, and Spirit, (in which is contained the volatile Salt) is come over; and then gradually encreasing the Fire to force over the Oil and Balsam, which are to be rectified from Colcothar, or Bone-Ashes.

This Spirit is very Excellent: For it takes off the tartarous Mucilage in the Lungs, Reins, Breast, and Stomach, Ureters and Bladder, It hinders the generation of the Stone and Gout. The Dose is from one to three drams.

The Oil dissolves Tumours of the Gout, strengthens the Nerves, cures the Palsie, Tumours, Wounds, and Ulcers, and all manner of Convulsions Cramps, Aches, Pains, Strains, and Bruises proceeding from a cold Cause, or Violence,

Violence, the Part grieved being often anointed with it. The Balsam has the same Virtue, but not so penetrating, and therefore is mostly used in the curing old Sores, Fistula's, Ulcers, Pain in the Gout and Sciatica's, &c.

Rue: This is for its wonderful Virtues called the *Herb of Grace*. 'Tis very Attenuative, Incisive and Digestive, Resolutive, and Provocative. It driveth out Windiness, by reason of its heat in the third Degree, and not only sharp in Taste, but bitter also, by reason whereof it may resolve and penetrate gross and clammy Humours; and through the same qualities provoke Urine. It consists of subtil Parts, and is numbred among Medicines, which are great dryers; and therefore it is good against Inflammations, asswaging any lustful Appetite. The Seed boiled, and drank in Wine, greatly resists Poison. The Leaves eaten alone, or made into a Conserve; if the Party take half an ounce fasting, it resists ill Airs, causeth pestilential Fevers, and consequently the Plague. The Decoction drank, easeth Pains in the Breasts and Sides, Inflammations of the Liver, and the Pains of the Gout; also the Shaking of Agues. Being eaten raw, it cleareth the Sight, and is good against Difficulties of Breathing, and the Cough, Being-mixed with

French Cherries dried, it allayeth the Pains and Heaviness of the Eyes: and with Oil of Rose and Vinegar, it easeth the Head-ach. Being bruised and put up the Nostrils it stays Bleeding. The distilled Water of it infused into an equal portion of Wine and Rose-water, is very sovereign for any Pains in the Head, or Stomach.

Rue of the Meadows: This is to be found on the Borders of moist Meadows, and by Ditch sides, flowering towards the end of July, and beginning of August. Dioscorides highly approves it for Bruises, and the healing of old Sores, being applied to them Poultice-wise, or they washed with the Juice: The distilled Water and Flower of this Herb have the like Virtue. Some People use it shred among common Pot-herbs in their Broth, for opening Obstructions of the Body, and to render it soluble: But the Roots clean washed, shred, or sliced, and boiled in Ale, I hold to operate more in that kind, than the Leaves, yet they provoke Stool, but very gently. The Roots boiled in Water, destroy Lice and Vermin, incident to humane Bodies, by only anointing the Places with their Decoction. *Gambirinus* tells us, That it is in great Esteem in Italy, as an Antidote against the Plague, and that the Saxons use it

with success in the Yellow Jaundice.

Ruffs, and **Bedshanks**, to **Boil**: Take these Fowl, put them upon a Spit, and lay them to the Fire with a little Basting, till they are half roasted; then having Water boiling in a Pipkin, after you have stuck a few Cloves about them, put them into it, (but it must be very little;) and when they have taken a warm or two, put out all the VWater to a pint: then put in some Claret-wine, and strong Broth, a few Mace and Cloves, with the Gravy that dropt from them when they were roasting, then add some Pepper, Ginger, fried Onions, and Salt: stew all well together, and serve them up on Sippets.

Rupture: Having a good Truss, Take Comfrey half a handful, bruise it well with the Filings of Iron, spread it thin on a Plaster of Diachylum, and apply it to the Rupture, and keep it close up: and by often renewing it, great Advantage is found.

Rupture-Moist: This is mostly found on dry, sandy, and rocky Places. It is Excellent in the Curing of Ruptures, not only in Children, but also in those of Years, if the Distemper be not too inveterate; by taking a dram of the Pouder of the dried Herb in a glass of VVine for a considerable time: or

the distilled VWater or Juice of the green Herb taken in like manner. It helpeth likewise all other Fluxes in Men or VWomen, Vomiting; and the Gonorrhoea, and Running of the Reins, by being taken either of the ways mentioned. It helpeth those that have the Strangury and Stoppage in Urine, Stone or Gravel in the Reins, or Bladder; helpeth Stitches in the Side, or gripping Pains in the Stomach and Belly, Obstruction of the Liver, VVorms, Yellow-Jaundice, Defluxions, and foul Ulcers.

Ruffs: These some hold so inconsiderable, that it is of no value, but for making Candle-VVicks: But learned Physicians, who have searched more curiously into the abstruse Secrets of Nature, are not of their Opinion. **Discordet**, **Galen**, and **Pliny** agree, being powdered and drank in VVine, it stayeth the Lask in VVomen's Courses, provokes Sleep, (but must be taken with caution, lest they cause Pains in the Head.) The Root boiled in VWater to the consumption of a third part, doth mainly help the Cough.

Rye: This grain boiled in VWater or VVine to a strength, and drank, viz. the Decoction, kills VVorms in the Belly, and brings them away, especially if Coriander-seeds be boiled with it.

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Sack Posset: Take ten Eggs beat the Yolks and VWhites together, and strain them into a quart of Cream, season it with Nutmeg, Cinamon and Sugar, put to them a Pint of Canary, stir them well together, put them in your Bason, then set it over a Chaffing-Dish of Coals, and stir it till it be indifferently thick, then scrape on Sugar and serve it.

Sadness to help: Take English Saffron, half an ounce, Cochenile in fine Pouder two drams, choice Canary a gallon, mix and digest for twelve days: then decant the clear Wine from the faces; to this Wine, add of strong Cinnamon Water a quart: mix and keep it for use. It is a famous thing to cure Sadness, Heaviness, and Melancholy, gives Life and Spirit, and causes a cheerfulness of Mind, and withal gives Pleasantness and Cheerfulness.

Saffron: The best Saffron is that which tinctures your Hands upon a gentle touch, and smelleth somewhat sharp, and is not very brittle. In property it is good for the weakness of the Stomach, and faintness of Heart; and being taken in a small quantity of Wine, it preserveth from Drunkenness, and healeth the

Bitings of Serpents, and Stinging of Spiders: It is restorative. The too much Smell thereof is bad for the Brain, and the taking too much of it is troublesome to the Spirits.

Sage: This is a singular Remedy against all cold and phlegmatick Diseases in the Head, and against all Pains of the Joints, either being taken in Drink, or applied in Fomentation; wherefore it is very good for those that have the Falling-sickness, or subject to Lethargies, or have at certain times their Members benumb'd, or senseless: It availeth much against the Defluxions of Flegm, and Maladies, incident to the Breast; and is very advantageous for Women with Child to eat it often, especially if they are subject to travail before their time; for it keepeth the Child in the Womb, and doth quicken it. If a Person subject to spit Blood, take three or four Spoonfuls of Honey with the Juice of Sage, double the quantity, in a Morning fasting, the Blood will be stay'd in twice or thrice so doing. The use of Sage in Pottage, and otherwise, serves to sharpen the Appetite, and cleanse the Stomach that's oppressed with ill Humours.

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In fine, when there is any occasion for heating, drying, or binding, use this Herb as a very good Medicine.

Sallad-Grand: To make this of minced Meats, Mince Capon, Veal, dried Neats-tongue in slices, Lettuce shred, small Olives and Capers, Mushroom pickled, Samphire, Broom-buds, Limons or Oranges, Raisins, Almonds, Potatoes, Caparouns, or Crucifix-Peas, Currans pick'd Oysters, and Tarragon. To dish this up, Take a little Tarragon and Lettuce, mince them small, and put the several Things by themselves, and garnish the Dish with Oranges and Limons sliced, or in quarters.

Sallads for Winter: Take a good hard Cabbage, and with a sharp Knife shave it so thin as you may not discern what it is, then serve it with Oil and Vinegar. Or take Corn Sallad clean pick'd, and also well washed, clear from the Water, put it into a Dish in some handsome form, with some Horse-Radish scraped, and some Oil and Vinegar.

Salmon Fry'd: Take the Rand, Chine, or Jole of Salmon, and fry it, cut in thin slices in sweet Butter; and when you perceive it begins to grow crisp prepare your Sauce with Claret, sweet Butter, grated Nutmeg, the Juice of Oranges, and the Liquor of pickled Oysters, beat

them over a gentle Fire with continual beating, and pour them on the Fish; and for garnish, lay Sage-Leaves and Parsly fried in Butter, but not too crisp.

Salmon Boiled: Chine your Salmon, then take a side or more thereof, and cut the pieces into reasonable bignesses, wipe it only from the Blood, but do not wash it, then take no more Wine and Water (of each an equal proportion) than will cover it; having made the Liquor, boil with a handful of Salt, then put in your Salmon, make it boil up quick, adding a quart of White-wine Vinegar, keeping up a stiff Fire, it will be boiled in half an Hour; then take it off, and let it cool, keeping it in a broad bottom'd earthen Pan, with the Liquor; but if you intend it shall be eaten hot, Dish it up presently, and Sauce it with Butter beaten up thick with Water, adding thereto the Yolks of three Eggs dissolved therein, some of the Liquor, grated Nutmeg, sliced Limon, poured thereon, garnishing the Dish with fine forced Manchet, Barberries sliced, Limons, Spices, and some greens fry'd.

Salmon Stewed: Take a Rand or Jole, fry it, after that stew it in a Dish, on a Chaffing-Dish of Charcoal, with some Claret-Wine, large Mace, sliced Nutmeg, Salt, Wine-

Wine-Vinegar, sliced Orange, and some sweet Butter, when enough, and the Sauce thick, Dish it on Sippets, lay the Spices on it with some slices of Orange; garnish the Dish with some small Manchet, grated and finely sieved.

Salmon to Pickle: Take the Salmon and cut it in six round Pieces, then boil it in Vinegar and Water, two parts of the former and one of the latter, put not in your Salmon till the Liquor has boiled half an Hour; your Salmon being boil'd, take it up and drain it, then take Rosemary Leaves, Bay Leaves, Cloves, Mace, and whole Pepper, a good quantity of each, and boil them in two quarts of White-Wine, and as much Vinegar, let these boil half an Hour, your Salmon being cold, rub it well with Pepper and Salt, and put it up in a Barrel with a lay of Salmon, and another of Spice, that is boil'd in the Liquor; having filled your Vessel, pour on the Liquor; Renew your Pickle once a quarter, and your Salmon will keep a Year.

Salmon Frigast: Take a Piece of fresh Salmon, and cut it into the length or thickness of your fore Finger; then take some sweet Herbs with Parsly, and a little Fennel, and mince them very small; then take some Salt, Mace, Nutmeg, Ginger, Cloves, all beaten together, and put them to your Salmon,

with the Yolks of half a score Eggs, and mix them very well together, in the mean time get your Pan in readiness full of clarified Stuff and very hot, then with all the quickness you can, scatter your Fish with its Appurtenances, be sure you keep it from frying in Lumps; when it is three quarters fry'd, pour away your Liquor from it, and in its room put in some Oister Liquor, some White-Wine, some large Oysters, Two Anchovies, a large Onion, Nutmeg and minced Thyme; being ready, dish it, and pour thereon the Yolks of four Eggs, beaten with some of the aforesaid Liquor, and run it over with drawn Butter, garnish it with Oysters, and serve it up on Sippets.

Salmon Pye: Take a convenient piece of fresh Salmon, two quarts of Shrimps, or Prawns, and the like quantity of opened Oysters, a quarter of an ounce of whole Mace, the like of beaten Ginger and four Anchovies: mix what can be conveniently so order'd, spread the bottom of the Pie with Butter, lay in the Fish, and scatter the seasoning all over it, and uppermost another laying of Butter.

Salmon to Roast: Take a Jole of Salmon, or a Rand, and divide it into four Pieces, season it with Salt and grated Nutmeg, stick in it whole Cloves, and put it on a convenient Spit, laying on it likewise

wife a few Bay-leaves, and Sprigs of Rosemary: then bast it with Butter, and save the Dripping to mingle with other Butter, to be served up in Sauce, mixed with Verjuice, the Juice of Oranges, and garnished with the Slices of Oranges.

Salt-Diuretick: Take the Urin of a healthful Man, and put it into as much Hungarian Vitriol powdered as it is capable to Dissolve; make the Dissolution in a large Vessel, that there may be room for Ebullition, which being ceased, put the Liquor into a glass Cucurbit covered with its Head, and distill off the Flegm and Spirit in a Sand-Bath, first with a slow Fire, then with a gradual Fire increased and sublime the volatile Salt as last.

This Salt composed of the volatile Salt of Urine, and several acid Particles of the Vitriol, vigorously expels serous Humours by Urine, the Passages whereof it opens. It is to be taken in White-Wine, Diuretick Waters, or Decoctions, from a scruple to a dram. It is very available in Dropsies, dissolved in opening Decoctions; for which purpose you may mix the Spirit with your usual ordinary Drink. The Flegm applied to the Gout, asswages the Pain thereof. It is also good to allay the Inflammations of the Eyes.

Sampshire to Pickle: Take two quarts of Water, to a Gallon of Vinegar, two

great handfuls of Salt, pick your Sampshire and wash it, and put it into a Pot, and the Liquor to it, and paste it close that no strength may come out, and set it over Embers, not very hot, so let it stand two Days and two Nights, and be sure it doth not boil, then take it off, and open it, and let stand till it be cold, put it into another Pot with the same Liquor.

Sarsaparilla, an excellent Drug, much used in many Distempers. It is a very long Root, not much unlike to a small Cord, brought out of the Spanish West Indies. It is given in a Dyet-drink, ordinarily for the Cure of the French-Pox, or Gonorrhoea, and King's-Evil. To do this, take a gallon of Water, meally Sarsaparilla split, a handful; Raisins stoned, blue Figs split, and blue Currants of each two ounces; Licorice, Carraways, Anniseeds, and Juniper-berries, and Pernel-seeds, an ounce of each bruised: mix and steep them twenty four Hours in the Water, then boil it to the consumption of one half; strain it out and suffer it to settle: then when it is cold, bottle it up, putting into each Bottle half an ounce of white Sugar, and a quarter of a bruised Nutmeg.

Sauce for a Warbel: Take half a pound of Fresh Butter, with a little Verjuice, thicken

thicken it with the Yolks of one or two Eggs.

Sauces for Beef-Steaks:

(1.) Beat Butter with the Juice of Limons, and garnish with slices and sprigs of Parsly. (2.) Gravy and Butter. (3.) Mustard, Butter, and Vinegar. (4.) Butter, Vinegar, minced Capers, and grated Nutmeg; and if you design to garnish them sundry ways, take either Parsly, Sage, Clary, Onions, Apples, Carrots, Parsnips, Spinets, Spinage, Artichokes, Peas, Quinces sliced, and fry them in Butter, and they indifferently serve for any sort of fried Meats whatsoever, according as your Palate best relishes, as Udders, Sweetbreads, Tongues, Rabbits, Chickens, and the like.

Sauce for a Capon: Take a penny White Loaf and grate it, and boil it in a little Water, with a whole Onion, and when you take it off, put to it a little fresh Butter and Sugar. Or a little White-Loaf sliced, and soaked in strong Broth, with Onions, boil it up in Gravy, Nutmeg, Limon, cut like Dice and drawn Butter, put it under your Capon, this serves also for a Turkey, Pheasant, Heath Pouts, &c.

Sauce for Carp: Cut some small Oysters with a few Capers, Maco, Nutmeg, Salt, and Pepper, and boil them softly on the Fire: then add a little fresh Butter, and some of the Blood of the Carp to

it, and rub the Dish with a Clove of Garlick, dish it up with Bread soak'd in the Sauce.

Sauces for Chickens Roasted: (1.) Gravy and the Juice, or slices of Oranges. (2.) Mutton-Gravy, the Gravy of the Chickens, Verjuice and Butter. (3.) Butter and Vinegar boiled together with a little Sugar. Make thin Sippets of Bread, lay the roast Chickens on them, and serve them up hot. (4.) Wash a good handful of Sorrel, stamp it, prepare thin slices of Manchet, and put them into the Dish with some Vinegar, and the Juice of the Sorrel, Sugar, Gravy, beaten Cinnamon, and beaten Butter, some slices of Limon and Orange, and strew thereon Cinnamon and Sugar. (5.) Sliced Orange, White-wine, Cinnamon, Rose-water, and a few Blades of Maco, Ginger, Sugar, and beaten Butter, set them on a Chafin Dish of Coals and stew them: then place some slices of Manchet round the Dish, finely carved, and the Chickens being roasted well, lay them into the Sauce, and serve them garnished with slices of Limon, Barberries, and Parsly.

Sauces for Duck, or Mallard: (1.) Vinegar and Sugar boiled to a Syrup with two or three Cloves, and a little Cinnamon, or Cloves only. (2.) Gravy of the Fowl, Oyster

ster-Liquor, a whole Onion boiled in it, Nutmeg, Anchovy; and if lean farce and lard them. (3.) Onions sliced, Carrots cut Dice fashion; boiled in strong Broth, and whitewine, or some Gravy, minced Parsley, Savory shred small, Mace and Butter well stewed together. This may indifferently serve for divers kinds of wild Fowl, but more particularly for Water-Fowl.

Sauce for Fieldfare: Take a little Vinegar, with a little Orange-Peel, and a White-bread Toast, with a whole Onion, these put in a Pan under them, and after serve them up together. This will serve divers other Birds.

Sauces for Green-Geese: (1.) Mince Sorrel, and Sage, stamp them with Bread, and the Yolks of Eggs hard by boiling, and grated, or sliced Pepper, Salt, and Vinegar. (2.) Stamp Sorrel, White-bread, and the slices of Pippins, or other hard Apples, put Wine-Vinegar and Sugar to them; then press out the liquid Part through a fine Cloath, put it into Sawcers, and scraping Sugar into it, serve it up. (3.) The Juices of Limon, Sorrel, grated Bread and Sugar: Garnish with Parsley, the slices of Limons, or Oranges; or, for want of them, with Barberies, and Tops of Rosemary, and so serve them up. These Sauces may serve likewise for

young Ducks, Teal, or Wild-geon. (4.) Take the Juice of Sorrel mixed with scalded Gooseberries, and served on Sippets and Sugar with beaten Butter.

Sauces for Hares: If a Hare be roasted, take the following Sauces as your Palate best relishes.

(1.) Beaten Cinnamon, Ginger, Nutmeg, and Pepper, boiled Prunes in Whitewine. (2.) Currans strained, malky'd Bisket bread beaten to Powder, Sugar and Clove boiled in Water to the thickness of a Grewel.

Having made these Sauces, or prepared them for making, Take the Hare, flea it, and lard it over with small Lard, stick it with Cloves, and put a Pudding into the Belly of it, made of grated Bread, grated Nutmeg, beaten Cinnamon, Salt, Currans, Eggs, Cream, make it stiff and good, fill the Hare and roast it: and if you desire to have this Pudding green, put to it the Juice of Spinnage, or Parsly; if yellow, Saffron, or Turmeric; if red, Turn-sole.

Sauce for Hens, or Poullets, Roasted: Take the Yolks of six hard Eggs, minced small, put them in Whitewine, or Wine-Vinegar with beaten Butter and the Gravy. (2.) Juice of Oranges, Pepper, Salt, and Gravy, boiled with the Neck, Liver, Heart, and Gizzards, and add Mustard

hard if you please. (3.) Beer, Salt, the Yolk of three hard Eggs minced, or grated Bread, three or four spoonful of Gravy; and when these are well beat up, put in two or three slices of Orange, or Limon, with Ligon-peel shred small. (4.) Beaten Butter, with the Juice of Orange, or Limon, White or Claret-Wine, well mingled and beat up with the Butter. (5.) Take Gravy and Claret-Wine, boil in it some slices of Onion, Nutmeg, and Salt, serve it up with slices of Orange and Limon. (6.) Oyster-Liquor, an Anchovy or two, sliced Nutmeg, Gravy, and rub the Dish with Onion or Shalot. (7.) The Yolk of Eggs hard boiled, and Limon-peel, mince them very small, and stew them in Whitewine, Salt, and the Gravy of the Fowl.

Sauce for Larks Roasted: Lard them and when they are roasted, make your Sauce with crumbs of White-bread, Water and Salt boil'd together.

Sauce for Land-Fowl: Take boiled Prunes, and strain the Pulp into a little of the Blood of the Fowl; add then Cinnamon and Ginger finely beaten, boil'd with a little Sugar to an indifferent thickness, and serve in the Dish, with the Gravy of the Fowl.

Sauce for a Loyn of Veal: Take Thyme, Pennyroyal, Mint, Sage, and Marjoram, boil two Eggs hard, and shred

the Yolks of 'em with a little Salt, and grated Nutmeg; then the Herbs being shred in, boil them together with a few Currans, beaten Cinnamon, Sugar, and some whole Cloves, dish it on this Sauce, and garnish it with slices of Oranges.

For a Leg of Veal the following Sauce:

Stuff it with Beef-suet seasoned with Nutmeg, Salt, and the Yolks of two or three raw Eggs well mixed with the other: then make Sauce with the Gravy that drips from it, when the Fat is blown off; and giving it two or three warns on the Fire, squeeze in the Juice of two or three Oranges; Garnish it with Violet-flowers, Parsly, and Oranges sliced.

Sauce for Mutton Roasted: Gravy, Capers, Camphire and Salt, stew them well together in two Waters, Onions, Claret-Wine, sliced Nutmeg, and Gravy boiled up, with three whole Onions, stewed in strong Broth or Gravy.

Sauce for Mutton Boil'd: Take the best Prunes and stew them well with White-wine, or Claret, and some whole Spice, then strain them into a Dish, and set it over a Chafing-Dish of Coals, put to it a little grated Bread, Juice of Limon and a little Salt, then lay your Legs, or other Joint of Mutton, into a Dish, being

ing well boiled, pour your Sauce to it: Garnish your Dish with Limon, Barberries, and Parsley. (2.) Capers heat in their Liquor with Vinegar and Sugar, pour'd out with Sippets of White-Bread in the Dish.

Sauces for Pigs: When your Pig is drawn, prick up the Belly with a Crust, and a little chope Sage in it, or a Pudding of grated Bread, Currans, and beaten Mace, lay it to the Fire, but not too near at first, for fear of scorching; and when it is a quarter roasted, if you hast it not well, then bread it with grated White-bread, Currans, and Sugar bruised together, and dried again, so that they may stick on: then being roasted, draw it, and serve it whole with this Sauce, viz. White-wine, Cinamon, whole Cloves and Sugar, boiled up to a Syrup, and the Gravy with what else fell from it. (2.) A little grated Bread, the Pigs Brains, Sugar and Barberries, with a little beaten Butter. (3.) Vinegar, Butter, the Yolks of hard Eggs, minced into the Gravy of the Pig; boil these up, and serve them as a Sauce. (4.) White-wine, some strong Broth, or a minced Onion, some strip'd Thyme, grated Nutmeg, and the grated hard Yolks of Eggs, some Anchovies and Pepper beaten small, Butter beaten up with Elder Vinegar, and the Gra-

vy that falls from the Pig. (5.) Two or three Yolks of raw Eggs, beat up grated Nutmeg, Sugar, Currans, Cream, Salt and Pepper, Sugar and Cinnamon.

Sauce for Partridges: Take grated Bread, Water and Salt, and a whole Onion, boiled together, when it is well boiled, take out the Onion and put in minced Limon, and a piece of Butter, and serve them in.

Sauces for Roasted Pigeons: (1.) Gravy and the Juice of Oranges. (2.) Fill their Bellies with minced Parsly, and when roasted, beat up some Butter and Vinegar thick, and put the Parsly to it. (3.) Onions stewed with Gravy, Claret-Wine, and a little Salt, and garnish'd with Parsly and Marigold-flowers. (4.) Vine-Leaves roasted in the Bellies of the Pigeons, minced, and put into Claret-wine and Salt, beaten up with Butter and Gravy.

Sauce for Quails: Take Vine Leaves dried before the Fire in a Dish, and mince them: then put some Claret-wine, a little Pepper and Salt to it, and a piece of Butter, and serve them up.

Sauces for Rabbits: (1.) Beat Butter, and rub the Dish with Onion or Shalot. (2.) Sage and Parsly minced, rowled in Balls, in Butter, and fill the Belly with this stuffing. (3.) Beaten Butter with

with Limon and Pepper. (4.) According to the French Fashion, Onions minced small, and fryed and mingled with Mustard and Pepper. (5.) The Rabbits being roasted, wash the Belly with the Gravy of Mutton, and add to it a slice or two of Limon.

Sauce for Red-Deer:

(1.) Sweet Herbs small minced and boiled with the Gravy only, or White-bread boiled with Water pretty thick, without Spices, putting to it some Butter, Vinegar, and Sugar. (2.) The Juice of Oranges, Limons, and Gravy beat up well. (3.) A Galladine Sauce made with strained Bread, Cinnamon, Sugar, Vinegar, Claret-wine, and some beaten Ginger, finely strained, or you may add a few Cloves, and Sprigs of Rosemary. (4.) If you will stuff or farce any part of the Deer convenient to be so used, slick the piece chosen with Thyme, Rosemary Savory, or Cloves, or else with all manner of Sweet-Herbs, minced with Beef-Suer: lay the Caul over the side, or half of the Haunch, and so roasting it pretty well, serve it up with any of the fore-mentioned Sauces, garnishing with Oranges, Limons, and red Beet Roots.

Sauces for Roast Mutton: Gravy, Capers, Sam-pire and Salt, stew them well together in two Waters; Onions, Claret-wine, sliced

Nutmeg, and Gravy, boiled up with three whole Onions, stewed in strong Broth or Gravy, White-wine, Pepper, Pickled Capers, Mace, and three or four slices of Limon.

Sauces for Roast Pork:

(1.) Gravy, minced Sage and Onions boil'd together with some Pepper. (2.) Mustard, Vinegar, and some small Pepper, well beat together. (3.) Apples pared and quartered, and boiled in fair Water, with some Sugar beaten up with Butter. (4.) Gravy, Vinegar, sliced Onion and Pepper, boiled up together. The Sauces thus ordered, you may take a Chine of Pork, and draw it with Sage on both sides, when it is on the Spit, then roast it; and so you may do by any other Joint of Pork, viz. Loin, Rack, Breast, Spare-rib, or Harlet of a Bacon Hog, being salted a night or two.

Sauces for any kind of Sea-Fowl Roasted: Make a Galladine with grated Bread, Cinnamon, and Ginger beaten, a quarter of a pound of Sugar, a pint of White-wine-Vinegar, and a quart of Claret, boil them up and strain them, and a few whole Cloves, and boil them again with some Sprigs of Rosemary, add a little red Saunders, and boil it thick as Grewel; and putting a sufficient quantity into a Dish, place the Fowl in it: And this especially is an excellent

cellent Sauce for Whoopers, Swans, Cranes, Shovelers, Horns, and Bitterns.

Sauces for Stubble Geese:

(1.) Sour Apples, or Pippins, boiled to a Pulp and strained, add to them Sugar, Vinegar, Gravy; Barberries, grated Bread, Mustard, beaten Cinnamon, and boiled Onions strained. (2.) Slices of four Apples boiled in Beer, mash them, and put in Sugar, and beaten Butter; and for variety, add Barberries, and the Gravy of the Fowl. (3.)

Take the Gizzards and Livers, minced small with Sage, Beets, sweet Herbs, and sprinkled with Salt; add minced Lard, and fill the Belly of the Goose, sew up the Rump, or Vent, tye the Neck with a Packthread, and roast the Goose: being roasted, take out the Percing, put it in a Dish; and then put to it the Gravy of the Goose, Pepper, and Verjuice, give it a warm on the Fire, and serve it up. (4.)

The French Sauce for Geese, are only Butter, Mustard, Sugar, Vinegar, and Barberries.

Sauce for Turkey or Venison: Take a pint of Claret, a little fair Water, and a little Vinegar, beaten Cinnamon, beaten Ginger, a few whole Cloves, and some grated Bread, a little Saunders, a little Rosemary and Sugar, as you think fitting, boil them well together, and it is made. The second Sauce in Capon serves also a Turkey.

Sauce for Woodcocks or Snipes: When you spit them, put an Onion in the Belly: when it is roasted, take the Gravy of it, some Claret, an Anchovy with a little Pepper and Salt, so serve them in.

Sauces General for Wild Fowl, and Water Fowl: For Wild, is Gravy boiled up with an Onion, a little Nutmeg and Butter, and for Water Fowl, sliced Onions, boll'd up in strong Broth, with Gravy and a little drawn Butter.

Saboty: Of this Herb there are two kinds, one like to Thyme, and the other greater, and more branched. The latter being used as a Cataplasme, with Wheat-flour sod together in Wine, is available against the Sciatica; but the use of it is chiefly good for healthful Persons, whether it be in Pottage, or Sauces, or otherwise; and being dried in the shade, and brought into Powder, it may be used instead of Spices.

Sausages to Make: The best way to do this, is to take a Leg of Pork that has lain an Hour or two in Salt and Water, Take off the Fat, and mince the Lean very small, and shred into it Beef-suet, season it with half an ounce, of beaten Cloves, and an ounce of Pepper, and the like quantity of Mace beaten fine, shred small, a handful of Sage and Rosemary, and break in

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about a dozen of Eggs, and mix all well together; then fill the great Gut of a well washed Hog, and boil them gently: then dry them in a Chimney, and they will keep excellent good for a very considerable time.

Sausages Volonta: Take of the best Buttock Beef, of a Leg of Pork, of each six pounds, Beef Suet three pounds, Pork or Bacon Fat four pounds and half, Cloves, Mace, Nutmegs, Cinnamon, all in Gross Powder, of each three drams, white or long Pepper in fine Powder half an ounce, red Sage, Penny-royal, Savory, Thyme, of each one ounce: First parboil the Meat over a gentle Fire for an Hour, being cold, shred it small by it self: after shred the Suet and Pork Fat, by themselves; shred the Herbs by themselves; mix all together with the Spices, and Salt enough to season them, or give them a good relish, adding the Yolks of twenty four new laid Eggs, and fine Wheat-flour half a pound, made into a soft Paste with Milk; mix and beat all together in a Mortar, and then put them up into prepared Ox-Guts; after which smok, or dry them three or four Days in a Tin Stove, over a Sawdust Fire. The Ox-Guts are prepared (being emptied of their Dung) by putting them into fair Water and Salt, cutting them out into several Pieces, and turning the inside outward with a Stick, for three or four Days together,

washing them till they become white, then turning them again, the Meat is to be put in, which is to be prest hard and tyed up. The Tin Stove or Frame may be placed and used in a Chimney, it may be made in the form of a Cupboard, but without a Bottom, with two Doors, the one below with a kind of Plug-hole in it, to open and make a Sawdust and Small-coal-dust Fire, to be kindled with Straw, and to draw in Air at the hole aforesaid; which may have a little Door to prevent Cuts; the top of it may be firm Tin, with a Funnel in it, covered over to prevent Soot, to which, on Ledges athwart divers Hooks may be placed to hang the Sausages upon: for want of this you may dry them in a Chimney where is usually kept a good Fire.

Sausages without Skins: To make these, Mince the Lean of a Leg of Pork very small, having first taken out the Sinews and Strings; then add two pound of Beef-suet finely shred; and two handfuls of red Sage, a little Pepper, Salt and Nutmeg, with a piece of an Onion: mingle them, being all finely minced and beaten, having put in two or three Yolks of Eggs; and so with a small matter of Flour, make it into a Paste in lengths, or Balls: and when you fry it, cut it out in pretty thick slices.

Scabious: This Herb, though wild, and mostly growing

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growing in the Field, is of excellent use. The Herb and Root boiled in Wine, or the Juice of it, or the distilled Water of it, cures Impostumes, Pleurisies, Coughs, or other Diseases incident to the Breast, or Lungs. 'Tis good also in the Quinsie, Plague, Ulcers in the Fundament, Itch, and likewise for beautifying.

Scabs: There is nothing better to remove Scabs than this following Ointment: Take Oil Olive a pound and half, Sheeps-suet a pound: melt and mix: To these add Flowers of Sulphur, Cinnabar in Subtil Powder, of each six ounces, Mercurius Dulcis in fine Powder four ounces, White Precipitate one ounce: mix and stir them about till they are cold: Keep this as an Ointment of special Use in all manner of Scabs, Breakings-out, Bothers, or Blains: and if mixed with a little Powder of Sulphur, it is excellent for the Itch, and to hinder the biting of Bugs, or cure those that are Bit.

Scabious-Water: Take four handfuls of Scabious-flowers, a handful of the tender Tops of Comfrey-flowers, of Fumitory four ounces, Roots of Orris three ounces, Baum, and Celandine-tops, of each a pugil: distill these in a cold Still with four ounces of Almonds blanched, and steeped in warm Water till they swell.

This is an excellent Beat-tifier, and causes a fresh Colour.

Scalds to cure: Take a quart of sweet Cream, then wash, pare, and slice a handful of Fern-roots, boil them together in an earthen Pipkin with two ounces of Dove's-Dung finely powdered; or, for want of that, Hen's-Dung for the Space of half an Hour, or till, by continually stirring it, it jellies, or thickens: then let it cool, and so spreading some of it on a Cloth, apply it to the Place scalded. So by often applying, the Fire will be taken out in a little time, and the Pain removed.

Or, Take of the White Ointment three ounces, yolks of two new-laid Eggs: mix them well and apply it. Or, Saccharum Saturni, mixt with the Whites of Eggs, which may be applied with soft Flax, or Tow.

Scally-Nails to take off: Take the Seeds of wild Mint, and Linseed, of each a quarter of an ounce; bruise them and mix them with Honey; make a Plaster, and fix it on the Nails, and in a little while they will fall off, and other sound ones grow in their stead.

Sciatica: The first Intention of the Cure of the Sciatica is, 1. To cleanse the Stomach with some gentle Vomit, three or four times, with an ounce of Infusion of Crocus Metallorum, or Tartar Emetic, given from three to six grains,

grains, at two or three days distance. 2. To purge the Patient well with our Family Pills four or five times, giving from three to six of them, early in the Morning. 3. To anoint the part affected with our Unguentum Mirabile, Morning and Evening, rubbing it in a pretty while at each time, and so continue this Untill- in for three or four Days, or more, as you see occasion, applying over the place anointed a Flannel, or rather a Plaster of Diaclylen. 4. To take every Night, or every other Night (to keep the Belly of the Patient soluble) three, four, five or six grains of our Cathartick Laudanum, which does indeed do Wonders in this case. How this our Balsam Mirabile is made, see in the following, under the Title of Sinews Weakened.

Scorbutick-Syrup: Take the Juices Scurvigrass, and Water of Pimpernel depurated, of each three-pints; fine white Sugar two pound: make them into Syrup over a gentle Sand Heat.

The use of this Syrup is very successful, taken in scorbutick Maladies, from one spoonful to two in any scorbutick-waters, Mint, or Penny-royal-waters, &c.

Scorbutick-Water: Take Water-cresses, the Tops of Baum, Agrimony, Germander, and Ground-pine, of each two handfuls; Fenel, and Aniseeds, of each half an ounce: Containy the Liss, Wild Thyme, of each a pugil:

Scurvigrass six handfuls: let these be infused in Fumitory-water, and Whey, of each three pints, White-wine a gallon: then strain them, by pressing, out the Liquor very hard: after distil it in an Ash-heat, and take two ounces at a time for Pains in the Stomach, Vapours arising to the Brain, Breakings-out, Scurvisness of the Body, Nodes, or Knots in the Skin; and for carrying off all gross and ill Humours, by Sweat, Stool, or Urin.

Scotch Collops, of Mutton or Veal: Take your Meat and slice it very thin, beat it with a Rolling-Pin, then hack it all over, on both Sides with the back of a knife, then fry it with a little Gravy of any Meat, then lay your Collops into a Dish, over a Chaffing-Dish of Coals, and dissolve two Anchoves in Claret-Wine, and add to it some Butter, and the Yolks of three Eggs, well beaten, heat it together and pour it over them: Then lay in some thin Collops of Bacon fried, some Sausage Meat fried, and the Yolks of hard Eggs fried after they are boiled, because they may look round and brown, so serve it to the Table.

Scotch Collops another: Cut a Leg or two of Mutton into thin slices, which heat very well, put them to fry over a very quick Fire, in a Pan first glazed over, with no more Butter melted in it, than just to besmear a little at the

bottom of the Pan, turn them in due time, there must never be but one row in the Pan, nor any slice lying upon another, but every one to the Pan: When they are fryed enough, lay them in a hot Dish, covered, over a Chaffing-Dish, and pour upon them the Gravy that runs out of them into the Pan: Then lay another row into the Pan to fry as before, and when they are enough, put them into the Dish to the other. When you have enough by such Repetitions, or by doing them all in two or three Pans all at a time, take a Porringer full of Mutton-Gravy, and put into it a piece of Butter, the bigness of a Walnut, and a quarter of an Onion, if you will (or rub the Dish afterwards with Garlick) and Pepper and Salt, and let this boil to be very hot: then throw away the Onion, and pour this into the Dish upon slices, and let them stew a little together, then squeeze an Orange upon it, and serve it up.

Scurvigrafs-Bath: Take Scurvigrafs and Fumitory, of each a handful; Fenugreek-seeds three ounces and a half; Flowers of Mellilot two handfuls, and of Camomil one handful; Mallow-roots, Brook-lime, and Mugwort one handful and half; the Seeds of Water-Betony, and Parsley, of each three ounces and half; Bay-leaves a handful: boil these in two gallons of fair Water

to the consumption of a quart. This removes hard Swellings, and Pains in the Joints, allays the Pain, occasioned by excessive heat, restores shrink'd Nerves and Sinews; and is good in easing Pains of the Gout, being applied to the griev'd Part.

Scurvigrafs-Ale: To six gallons of Ale, Take of Sena half a pound, Rhubarb one ounce and half, Polypod of Oak three ounces, Tree of Life five ounces, Bay-Berries three ounces, Aniseeds three ounces, Sweet Fennel-Seeds two ounces, Juniper Berries two ounces, Horse-Radish three ounces, Liquorice three ounces, Sevil Oranges one dozen; Cut them in Pieces and put these Ingredients into a thin Bagg with a Stone in it to sink the Bagg. Take one quart or three pints of the Juice of Garden Scurvigrafs, Clarifie it over the Fire, and when it is cold put it in the Ale and tun them, letting them work together twenty four Hours; Then stop the Vessel close, and after six Days, drink one pint warmed fasting, as that Works you may add or diminish.

When the first Vessel is out you may fill it again with Ale and fresh Oranges, and Scurvigrafs, so likewise a third time.

Scurvigrafs, its Essence, Take Scurvigrafs, Fumitory, Germander, and Wormwood, of each three handfuls; of Orange-peel, six drams; digest them

them with Spirit of Scurvigrafs, so much as suffices, to the Extraction of their Tincture, and let them be strongly pressed out, and put of the former Herbs and Pouder into the straining; and do this three or four times: and when it is clarified by settling, add of the Spirit of Cinnamon eight ounces; Spirit of Tartar nine drams: mix them, and take it from twelve to twenty drops in Ale, Beer, Wine, or any other convenient Liquor.

This is good against Rits of the Mother, Falling-sickness, Oppressions of the Stomach, Afflictions of the Matrix, and causes Urin.

Scurvigrafs Physick-Wine: Take Water-crelles, and Wall-rue, of each one handful, wild Radish-roots, and Roots of Polypody, of each two drams; Myrrh and Jalap, of each one ounce; the Leaves of choice Senna one ounce, the inward or yellowest Rind of an Orange two ounces, best Cinnamon one dram and a half, crude Tartar three drams. These being cut, and grossly bruised, put them into a thin Bag, sew them up, lay them by in a stone Pot, and pour upon it two quarts of Whitewine; let it stand eleven Days, draw it off, and take three ounces, or more, according to the Strength of your Body.

This purges Choler, and Melancholy, cleanses the Stomach,

and eases Pains in the Bowels, causes gentle Sweats, and cleanses the Blood.

Scurvigrafs-Wine: Take the Juice of Scurvigrafs, Water-crelles, Brook-lime, Sorrel, all depurated, of each a quarter of a pint; Rhenish wine two quarts. Roots of Horse-radish, Elecampane, Flower-de-luce, cut into thin slices, of each an ounce and half; two Nutmegs bruised: put all into a stone Bottle, stop it very close, and keep it in a cold place for use.

Taking Morning and Night a quarter of a pint, cures the Scurvy to a wonder, and purifies the Blood.

Scurvigrafs-Wine, another: Take of fresh Scurvigrafs four handfuls, beat it very small, pour upon it two quarts of Rhenish Wine, let it stand in a cool place three or four Days; then strain it, and let it settle, and so draw it off from the dregs.

Drink of this half a quarter of a pint fasting, and it will purifie the Blood, help Digestion, take away pricking Pains, and Heats, or Flushings in the Face or Body, provokes Urin, and evaporates noxious Humours by Sweat.

Sea-Fowl of all sorts Wash'd: Take a Swan, Whooper, or any other Sea-Fowl and parboll it, then bone it, and after lard it, then take four ounces of Salt, three of Nutmegs, two of Pepper, season

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Your Fowl therewith, bake them in Rye-Paste made up stiff with boiling Liquor, if you will eat it cold, if hot, use but half the seasoning, and bake them in fine Paste liquored with Claret, Gravy, Butter, an Onion, Capers or Oysters. Thus you may bake, Wild Geese, Tame-Geese, Hens, Curlews, Gulls, Muscovy-Ducks, Shovellers, &c.

Sea-fowl to Boil, or Stew: Take a Swan and bone it, leaving only the Legs and Wings; then make a forcing of some Beef-Suet, Mutton, or Venison, minced with Sweet-Herbs, beaten Nutmeg, Pepper, Cloves, and Mace; then have some Oysters parboiled in their own Liquor, and some raw Eggs mixt with the minced Meat; then fill the Body of the Fowl, and prick it upon the Back, then boil it in the Stew-pan, putting thereto strong Broth, White-Wine, Mace, Cloves, Oyster Liquor, boiled Marrow, boil these well together, and have Oysters in the meantime stewed by themselves with Onions, Mace, Pepper, Butter, and a little White-Wine: Next have the bottoms of Artichokes ready boiled, and put to them some beaten Butter, and boiled Marrow; dish up your Fowl on some fine carved Sippets, then Broth it, and Garnish it with stewed Oysters, Marrow, Artichokes, Gooseber-

ries, sliced Limon, Barberies and Mace. let the Dish be Garnished with grated Bread and Oysters. Thus you may boil or Stew, Duck, Mallard, Widgeon, Bittern, Hern, Curlew, Hopper, Crain, Wild or Tame Goose. Teel, Gulls, Shoveller, Sheldrakes, Pewits, Barnacles, Puffins, &c.

Sena: The best of it is that which is brought from Alexandria in Egypt. It purgeth Choler, Flegm, and Melancholy; it cleanseth the Heart, Liver, and Brain, also the Spleen and Lungs, and all Parts of the Body; it is profitable for all Accidents of them: It openeth the Internals, and delayeth the Infirmitie of growing old Age, causing exhilaration, or Joy in the Mind. The Leaves decocted with Camomile, are exceeding good to wash the Head for the fortifying the Brain and Sinews, and Sight and Hearing; as also, in all such Diseases as proceed from melancholy Humours: likewise from Ulcers, or Palsie, Headach, and Falling-evil. It fortifieth the Heart, especially when mixed with some Violets and Cloves concocted in Whitewine; and being mixed with Infusion of Roses, or laxative Syrup of Roses, it is an excellent Purgé for all evil Humours. There is a Syrup made of Sena, and an Universal Cathartick, which is said to Cure all Diseases, which is thus made:

made: Take one large Limon, which cut into very thin slices (peel and all:) then take Cinnamon grossly powdered one dram; Alexandrian, Sena, two drams: Salt of Tartar a Scruple: Infuse for one whole Night, in one pint of distilled Cinnamon, Barley-Water, or Cinnamon, Milk-Water, and in the Morning strain through a Linen Cloth: in the straining dissolve fine strained Manna two ounces: The whole quantity take at twice in about two Hours space. This Purgé is equally pleasant to any Cordial Water, and works gently, yet effectually to all the Intentions it is given for, and may be given to all Ages, Temperatures, and Sexes, proportioning the Dose. It Purges all Humours, and is an excellent Antiscorbutick, Antiarthritick and cures Hypochondriack Melancholy.

Senses to Refresh: To enliven the Senses and restore the Memory, Take a handful of Baum, brusse it and steep it in White-wine in an earthen Vessel well glazed, and covered; then put it into an Alembick, and of the distilled Water take every Morning fasting a spoonful, and fast an Hour after it.

Stewing of Fish: 1. *Course.* Musculade, Minutes in Sew, of Salmon, Porpos, Baked Herrings, with Sugar, green Fish, Pike, Lamprey, Porpos roasted, baked Gurnet, and Lamprey.

2. *Course.* Jellies red and white, Dates Confectioned, Conger, Salmon, Dorey, Blit,

Turbut, Trout, Holibut; for Standard, Baco, Mullet, Chevin, Sples, Lamprey roasted, Tench in Jelly.

3. *Course.* Fresh Sturgeon, Bream, Pearch in Jelly, a Jole of Salmon, Sturgeon, Welks, Wafers, Apples and Peats roasted, with Sugar-Candy, Figs, Raisins, Dates, minced Ginger, Hippocras.

In this Case you must look to the Peason, Plimty, Tail and Liver, and see if there be a Salt Porpos, Sole, Turbot, and do after the form of Venison. Hak'd Herring, lay it whole on a Trencher or Plate, and then White-Herring in a Dish; open the Back and take the Bone out and Roe, and have your Mustard at hand. Of Salt Fish, Green Fish, Salt Salmon, or Conger, pare away the Skin. Salt Fish, Mackerel, Marling, Stock-Fish and Hake, with Butter; and take away the Bones and Skins. As for a Pike, lay the Belly on a Plate or Trencher, with sufficiency of Pike Sauce, a Salt Lamprey, gobbing it in seven or eight Pieces, and so present it.

A Plaice to be ordered this Way. Put out the Water, Cross it with your Knife, and cast on Salt and Wine. Baco, Gurnet, Mullet, Roach, Chevin, Perch, Sble, Whiting, Haddock, and Codling, raise either of them by the Back, take out the Bones, and cleanse the Belly.

As for Carp, Bream, Sole, or Trout, order the Back and Belly together: but for Conger, Salmon, Sturgeon, Hound-fish, Turbut, Thornback and Halibut, cut them in the Dish, the Porpos about the Trench; in his Sauce cut two Eels and Lampreys roasted, pull off the Skins and take out the Bones, and put to them Vinegar and Powder of Ginger. A Crab must be broke asunder in a Dish, then make the Shell clean, and put in the stuff again; temper it with Vinegar, and Ginger-powder, then cover it with Bread and heat it. As for a Sole of Sturgeon, cut it in thin slices, and lay it round about the Dish, serving up Oil and Vinegar in Saucers.

Fresh Lamprey baked; open the Pasty, then take White-bread and cut it thin, and lay it in a Dish with a Spoon, and take a Gallentine and lay it on the Bread with Red-wine, and Powder of Cinnamon; then cut a Gobbin of Lamprey mince it thin, and lay it in the Gallentine, and set it on the Fire to heat. Fresh Herrings, with Salt and Wine. Shrimps well pickled. Flounders, Gudgeons, Minnows, and Mussels, Eels and Lamprey, Sprats, are good in Sew. Musculade in Worts, Oysters in Gravy, Minnows in Porpot, Salmon in Jelly, white and red; Cream of Almonds, Dates in Comfits. Pears and Quinces in Syrup with Parsly-roots. Mortus of Hound-Fish raise standing.

Sharpness of Urine: Take the dried stuff that divides the Lobes of the Kernels of Walnuts, beat them to a Powder, and take about a dram at a time in a draught of White-wine or Posset-drink, or in any other convenient Liquor.

That which fully answers all this Intention is our Pulvis Antifebricitus, which not only cools, and alleviates the Sharpness, but also fully takes away the Pain, and withall causes a free liberty of Pissing. Dose from half a dram to a Dram, at Night going to Bed, in a Glass of White-wine, and if the pain is Vexement, the like quantity may be given in the Morning also: continuing it for some days till the Cause is wholly removed.

Sheeps-Tongue-Pye: Boil them tender, blanch and cut them into thin slices, then season them, with Cinnamon, Ginger, and a little Pepper, and put them into a Coffin, with fine Paste, with sweet Butter, and a few sweet Herbs minced small; whilst it is baking, take a little Vinegar, Butter, Nutmeg, Sugar, the Yolk of a new-laid Egg one spoonful of Sack, and the Juice of Limon; boil all these together on a Chaffing-Dish of Coals, and put it into your Pye shog it well together, and serve it up.

Sheeps-Tongues, with Oysters Boil'd: Take six Sheeps-Tongues, boil them in Water and Salt, till they be tender;

tender; then peel and slice them thin, then put them into a Dish with a quart of great Oysters, a little Clarar-Wine, and some whole Spice, let them stew together a while, then put in some Butter, and the Yolks of three Eggs well beaten, shake them well together, then lay some Sippets into a Dish, and put your Tongues upon them; garnish your Dish with Oysters, Barberries, and raw Parsley, and serve it in.

Sickness Falling: Take slings of Man's Skull, of the best Amber of each half a Dram, beat them into fine Powder, and take it once a Day, when the Stomach is most empty, in a quarter of a pint of Whiewine.

Sight Weak: Take inwardly every Morning, Noon, and Night, fifty or sixty drops of Power of Rosemary, in a Glass of White-Port-Wine, or in choice Canary. And wash three or four times a day, with our AquaRegula, or Eye-Water; these being used to one and the same Patient, wonderfully strengthen the Eyes, and restore the sight.

Sinews Weakened: If there are any ways bruised, pained, or swelled, Take Lavender, the Stalks, Leaves, and Flower, cut them small, put them into White-wine, and distill them through an Alembick, washing the Parts grieved with the said Water; and drink about two ounces of it Morning and Evening, and wash the

Forehead and Temples with it, in case of any Pains there, by reason of any Afflictions of the Brain, from which the Sinews and Nerves originally proceed.

There is no Medicine yet known in the World, equal to our Balsam Mirabile, which gives relief in these Cases in a quarter of an Hour time, or in something more. It is thus made; Take choice Turpentine three ounces: Oil of Vitriol one ounce and half, mix and dissolve by stirring them together till they are black, then add to them gradually, three ounces of Oil Olive, mix well and decant: to what remains, add Oil of Vitriol one ounce and half more, mix again very well, adding gradually, Oil Olive, three ounces: Stir them well together, till all is perfectly dissolved and incorporated, which then add to the first mixture, and keep them continually stirring till the matter is cold. You are only to rub this Balsam upon the place pained or grieved, chafing it well in with your Hand, then lay over it a Diapalm Plaster, to keep it from running, by anointing with this three or four times, the Patient will be perfectly well, and it will give ease in less than half an hour time. Us'd one, two, three or four Days, at you see occasion.

Skin Infected: Take the Roots of Vines, boil them in Water with the Seeds of Vetches, commonly called Tares, and Fenugreek, of each a hand-

ful; and therewith wash the Places where ill Humours are apt to settle.

Skin to keep open: If an Issue in the Skin is not easily kept open, but too apt to dry up, Take *Lapis Infernalis* an ounce, Crown Soap an ounce and half, Chalk finely powdered six drams; mix them all together carefully, and keep them close stoppt, and when you use them, mix them well together, and lay over it Plasterwise.

Sleep to procure: Take Water-Lilies half a handful, Opium one dram, steep these, the Lilies being bruised, in three pints of Malmsey, twenty four hours, then put in an ounce of Salt finely beaten, Poppy-seed a dram, Lettice-seed three drams, distill them in *Balneo Maria*.

Small-Pox Bitted, Scars or Burns: Take Oil of Eggs, and anoint the place with it often.

Small-Pox, the Scars thereof: To prevent these, Make a Liniment, of Rosewater four ounces, Oil of Ben two ounces, Sheeps-suet one ounce, Oil of Rosemary half an ounce, Tutria one dram: These being made into a Liniment, anoint the Face, Hands, and Neck, just as the Disease is in its declining, and the Scabs begin to dry.

Sores Roasted: Take and draw them, then skin and dry them, then take sweet Marjoram, Thyme, Winter-savory,

and a Sprig of Rosemary, mince these small, add to them some Salt and grated Nutmeg, and season your Sores therewith moderately, then lard them with a fat fresh Hal, and after this steep them an hour in White Wine, and Anchovies therein dissolved; then take them up, and upon a small Spit roast them, put the Dish wherein they were steeped, under them, baste them with Butter, and being enough boil up the Gravy, and what it dropt into the dish, and pour this in upon them; laying on some slices of Limon. See more in *Blunders*.

Sores to dress finely fryed: Take a pair of large Soles, and flay them on both sides, then fry them in Sweet Oil, tried up with Spice, Bay-leaves, and Salt, then lay them into a Dish, and put in to them some Butter, Claret-Wine, and Anchovies, cover them, with another Dish, and set them over a Chaffing-Dish of Coals, and let them stew a while; then serve them to the Table, garnish your Dish with Orange or Limon, and squeeze some over them.

Sore: Take a solution of Sublimate, and having made with Quick-lime a strong Lime-water that will bear an Egg, drop it gradually on the Sublimate, till it will precipitate no more red stuff at all; and when you perceive the Liquors are no longer miscible upon one another, pour the

Mixture into a filter of Cap-pap, which retaining the Orange colour precipitated, will transmit an indifferently clear Liquor, which must be kept close stoppt in a glass Vial, viz. to wash the Part griev'd.

This is exceeding good in old Sores, Ulcers, Breaking-out, and, and other such-like Diseases.

Sores of the Mouth to heal: Take the Leaves of Marshmallows, and boil them in Wine, wherein Honey has been dissolved, add some Roch-Alom in Powder, then press out the liquid part very hard, so suffer it to stand and cool; and with this Decoction wash and gargle your Mouth, and Throat, if it be Sore.

Sore Nose: This often happens through the Effects of the French Disease, not perfectly cured, and many times in the Mouth, as well as the Nose. For Remedy then, Take the Juice of common Houndstongue, and that of Plantane, of each three ounces: boil these Juices to a thickness over a gentle Fire, adding to them Oxymel Scilliticum, and anoint the sore Part often; or dipping a Linen Rag in it, thrust it up the Nostril, if the grief be mostly there.

A much better thing it is to wash the Sore or Part affected with the Sublimate Water aforesaid in the Title of Sores: after which you may anoint with this Ointment. Take *Mercurius dulcis*

levigated two ounces, White precipitate one ounce, Sheeps-suet half a pound, Oil Olive one pound, Turpentine four ounces: mix and make an Ointment.

Sores Old: Take *Aristolochia Longa*, Aloes Epatica, of each an ounce: make them into a Powder, and with Honey of Roses work it into a Paste, and having cleansed the Sore with Oil of Tartar, or the Decoction of Myrrh; spread some of the Paste on a Leather, or plant Cloath, and lay it to the Place griev'd; and in twice or thrice renewing it, you will find wonderful success in the Cure.

Sores Putrefied: Take Milfoil and Sanicula, of each half a handful; boil them in Water, and strain the Liquid part through a Linen Cloath, and with the Decoction, mix the Meal of Fenugreek, the Fat of a Goat, and as much Olive-oil as will thicken them, and make them into an Ointment over a gentle Fire: with which often anoint the Sores, and it will heal them.

Sore Throat: Take a piece of Linen Cloath, so so much as being double may make a Bag in the form of a Stay to reach from one side of the Throat to the other, and contain as much Matter as may make it of the thickness of an Inch, or more; then filling it with common Salt, heat it thoroughly and apply it to the Part affected as warm as may be well

well endured; and when it grows cold, apply another like it well heated, and so continue to do forty eight Hours, if the Remedy be so long needed. This, makes the Kernels fallen down, retire to their proper places, and abates Swellings.

If the soreness of the Throat proceeds from the first Disease, so as that it is raw or Ulcerated, you must wash or gargle it, three or four times a Day, with the Sublimate Water aforementioned, which you may see under the title of Sores. It will, be very sharp and severe at first; but afterwards it will seem Mild and Gentle, and will do that Cure in a Fortnight's time, which by most other Medicines would scarcely be done in two or three Months.

Speckles: For these, or Pimples, that are not angry or fiery, Take the Blood of a Hare warm, if you can get it, and the Oil of Tartar, and anoint the Face with it.

But the most excellent thing in this case is to wash the Face with the Virgins-Milk, Morning, Noon, and Night, and after it is dried in at Night to anoint the Face with this Ointment: Take Sheepsuete a pound, Oil Olives a pound and half: dissolve and mix, to which add Oil of Tartar, per deliquium five drams or one ounce: mix them till they are cold: this done dissolve the whole in warm Water, and wash the Ointment by beating till it is cold, which then you are to take off from the Water and keep it for use. How

the Virgins Milk is to be made, see hereafter, under the title of Virgins Milk.

Specifick = Purge: Take crude Antimony, and Sal Armoniack powdered and mixed together, of each six ounces: sublime the combustible red-Flowers, according to Art, and of them take five ounces; of the best Nitre take eight ounces: let them fulminate in subliming Pots, and gather the Flowers without wasting; dulcify the Flowers with hot Water till there be no more saltness remaining: upon this Powder dried over a very gentle Fire, pour rectified Spirit of Wine four Fingers breadth above the Matter, put them all into an Alembick with a Receiver luted to it; then distill them at first with a gentle Fire, increase it by degrees that the substance may come to a driness: expose the Powder, being perfectly dried, to the Fire for the space of an Hour, and keep it for use in a close Box, or Gally-pot.

This remarkable Preparation of Antimony is sudorifick, powerfully provoking Sweat, opens the Belly gently, being taken at a distance from Meals, from twenty to thirty grains in some Conserve, in a Balus, or dissolved in some agreeable Cordial-water.

Speedwel: The Male sort of this Herb is of excellent Virtue for opening Obstructions of the Lungs, for the Colick and Spleen, and is an Antidote against the Plague, and is helpful in Wounds, curing the Itch. We have it from good Hands.

The

That a large Dose of the Decoction of this Herb, taken for some time, expelled a Stone from the Kidney of a Woman that had been tormented with it for fifteen or sixteen Years. Also a Woman that was accounted Barren seven Years, conceived upon taking the Powder of it in the distilled Water for a considerable time. The Syrup is of great use in the Disease of the Lungs; and a Person who had a very dangerous Ulcer in his Leg, found Ease, and in a short time a Remedy, by washing in the Water of it, and applying wet Rags dipt in the said Water, by taking away the Inflammation, and all the Symptoms that accompanied it. One who had a Fistula in the Breast, and in vain had used divers Medicaments, it's said, was cured with this Water, by inwardly taking it. Rags dipt in it, and applied hot, do make Scabs fall away in Children, and then wash them over with Water of Fumitory and Whey. But for all these Experiments, the Reader may try them as occasion offers, and be more amply satisfied. The Virtues of this Herb are many.

Spirit = Antiscorbutick: Take Elder and Juniper-berries; and bruise them; the Seed of Scurvigrass, Carduus-Benedictus, and Garden Cresses, of each two pound: put them all into a convenient Vessel; and having mixed with them a pint of Ale-Yeast, set

them to ferment in a Stove, or hot place; and when that is over, distill them in an Alembick, with its refrigeratory, and preserve the Spirit.

Spirit Epileptick: Take the Flowers of Lily of the Valley, Lavender, Sage, Tillet, Primroses, and Rosemary, of each two handfuls: gather the Flowers in their season, and macerate them all together in six pints of the Spirit of Wine rectified; then add to them Mistletoe of the Oak, Roots of Valerian, and Male-Peony, of each four ounces, being bruised & macerated eight Days in a pint of Malmsey, Cinnamon, Cloves, Mace, and Nutmegs, of each half an ounce; mix them all together, and distill them in a glass Cneurbite covered with its Head in a Sand-Bath, and preserve the Spirit as a very excellent thing.

It is very proper for the ease and cure of Epileptick Diseases. It is to be given from two drams, to half an ounce, alone or mixed with cephalick Liquors. It may be also put up the Nostrils, applied to the Temples, and other Parts, for easing Pains and preventing the arising of Vapours to the Brain, which occasion Fits and Disorders.

Spirit of Salt: Take the finest white Salt, and dry it over a Fire, or else in the Sun, so powder it finely to the quantity of two pound weight; mix it well with six pound of Potters-earth

part finely powdered, make them up into a Mass very hard with Rain-water, as much as will conveniently do it, form this Mass, by dividing into Balls, in the bigness of a Hazle-nut, and let them dry in the Sun a considerable time; and when they are dried, put them into a large earthen Pot, or a Glass that may be luted, a third part of it being left empty, place the Retort in a reverberatory Furnace, and fix it to a large Receiver, luting the Joints, and give a moderate heat to warm it, and so make an insipid Water drop forth; and when white Clouds succeed those drops, pour out that which is in the Receiver: and having refitted it, lute the Joints close, and by degrees increase the Fire to the last degree of all; and so in this condition continue it twelve or fifteen Hours, when all that time the Receiver will be hot, and full of white Clouds: but when it grows cold, and they disappear, then unlute the Joints, for the operation is at an end; and then you will have the Spirit of Salt in the Receiver. So pour it into a glass or earthen Bottle, and stop it with Wax.

This singular Spirit has an aperitive quality, and therefore is used in Julops to an agreeable Acidity for such as are subject to the Stone or Gravel; 'tis also used to cleanse and whiten the Teeth, also to fasten loose Teeth, being tempered with a

little Water, and to consume the rottenness of the Stumps.

This is a better way of making Spirit of Salt. Take white Salt a pound, Oil of Vitriol rectified half a pound, water a sufficient quantity to dissolve the Salt in, put them into the Stillatory, and distill, in the first place the Flaga comes forth, after that the Acid Spirit, which keep by its self: put them into a glass Retort, and distil it in Sand to dryness: this acid Spirit now drawn off, is very penetrating, and the true Spirit of the Salt. The Oil of Vitriol will be coagulated in the Retort, with the Alcali of the common Salt. Take of this Acid Spirit four ounces, new Salt two ounces: mix and dissolve in a sufficient quantity of Water, and distill in Sand as before, so will you have six ounces of Spirit, and this you may repeat, ad infinitum, producing the Spirit with all imaginable ease, and without almost any charge. In the bottom a Coagulated Salt will remain, of which is made Sal Mirabile, as in other places we have declared. This Spirit has by the Virtues of the former Spirit, besides which it extracts Tinctures, precipitates all absolutions in Aquafortis or Spirit of Nitro, and corrects Opium, and all fatid Oils.

Spirit of Salt, Dulcified and Sweet: Mix equal Parts of Spirit of Salt, and Spirit of Wine, set them two or three Days in Digestion in a double Vessel in gentle Sand Heat.

This is taken more safely inwardly than the former, because

it is less Corrosive: It may be given from four to twelve drops in some proper Liquid.

Spirit of Scurvigrafs: Take proof Spirit, eight, twelve, or sixteen pints, plus minus, infuse in it so much Garden Scurvigrafs as it can well contain, digest it twelve Hours, then distil it off; and save the first half of what comes off, which distil a second time, and save the first half as before, so have you Spirit of Scurvigrafs; this if you distil over again with fresh Scurvigrafs, it will yet be stronger.

This is good against the Scurvy, surfeits, and Rheumatism in cold and moist Constitutions, but perfectly destructive in such as are of a hot, dry, and cholerick Habit: Dose from twenty to sixty drops, in Ale or Wine. It cures Shortness of Breath, obstruction of the Lungs, yellowness of the Teeth, decaying of the Gums, and the Belly-ach, and kills Worms in Children.

Spirit of Uterine: Take the Roots of round and long Birthwort, Penny, and the lesser Valerian, of each two ounces; Castor one ounce; dry Tops of Wormwood, Mugwort, Tansie, Fetherfew, Southernwood, Camomil-flowers, of each an handful: shred and bruise all together. Let them macerate three Days in two quarts of the rectified Spirit of Wine: then distil them according to Art, and keep the Spirit for your use.

This is excellent, and most effectual to suppress the Vapours that arise from the Matrix, and to cure Obstructions. It is to be given

from one to two or three drams at a time in Hysterick Waters, or Detestions: It may likewise be put up the Nostrils, or applied to the Temples, or Throat, with good Success.

Spirit of Wine to Distill: Take the Wine and Lees of what sort you think convenient, put it into an Alembick, draw it off, and rectify it into what height you please. It is excellent taken in cold Distempers, or to mix with any Cordial Water, to temper them with heat, according to the degrees the Distempers require, for which they are to be taken. The Joints afflicted with cold Pains, being bathed with it, ease them: It's good in the Gout and Sciatica, the afflicted Parts bathed with it, and is used for Laces to change Silver to a Gold colour, as also in Varnish, and in making up sundry Medicines. Baum, Rue, and the Leaves of Walnuts, being beaten and made up into a Conserve with it, resist the Plague and pestilential Fevers.

Spirit of Wine, another: This Spirit, when made the best way, is drawn from Brandy chiefly, and not of that which is usually called Wine. Four gallons then of the best Brandy must be mixed with four quarts of ordinary Salt, or Bay-salt dried and finely Powdered, and put into an Alembick; Lute the Head, and do it over a gentle Fire, lest being too long a drawing it off, it waste and consume

sume too much ; that which is the highest or rectified part being fired, will burn all away ; but the Second Spirit will not do so.

This makes curious Tinctures in chymical Operations, and being upon other occasions outwardly applied, it discusses Tumours, and cures Burns, if taken in time : It also eases the Pains of the Gout, and cold Pains in the Joints.

Spirit of Uline : You must have a Glass Lembick, and distil good Aqua vitæ in Balneo Mariæ, and put a piece of filter well dipped in common Oil, between the Helm and the Lembick, and over it put in Flour of Rosemary only once, you will extract the purest Spirit in the World.

Spitting of Blood : Take Ash-leaves, and the Seeds of Nettles ; boil them, when well bruised, in White-wine : put to the Decoction a little Sanguis Draconis, Spodium, and Bole-armoniack : then being infused, strain it again, and drink half a quarter of a pint mixed with half an ounce of the Syrup of red Roses.

Nothing exceeds this Medicine in the World. Take Gatechu four ounces, Jesuites Bark two ounces, Opium two Drams, common Brandy a quart : make the two first Ingredients into fine Powder by themselves ; and make the Opium into Powder by its self : then digest all in the Brandy, ten, twenty, thirty, or forty Days, the longer the better, according as you can permit it to

stay ; shaking the Glass, once or twice a Day : at the end of the time, decant off the Blood-red Tincture and keep it for use : of this, the Patient may take Morning and Evening from twenty, to forty, fifty, or sixty drops at a time in a Glass of Ale, or Alicant.

Spots, or Stains : If in Silk, caused by Grease, Take the Bone of a Sheep's-foot, burn it to powder, and beat a red-hot Tobacco-pipe into Powder also : then sift these, and mingle them together. Take of this Powder, and lay on the Spot ; then lay on it the back of a Spoon that has a red-hot Coal in the hollow of it ; and then the heat, if the Grease be little, will cause the Powder to suck it out.

Spots of Pitch and Rosin are taken out by applying Oil of Turpentine, rubbing it in, and letting it lye, and it will crumble away : so likewise Tar will rub out like a speck of Dirt.

Spots in the Skin to take away : Take Water of Talc and Limon-juice ; infuse in them the Roots of Mandragora, and let them stand five Days in the Sun, or some warm place, and then strain out the liquid part, and with it bath the Spots : and in often so doing they will disappear. Or, for want of these wash them with the Water of Radishes, drawn by an Alembick, and anoint the Skin with the Meal of Orobus mixed with Honey.

Spots in stuff, and Woollen Take Fullers-earth two ounces, Castile-soap an ounce, the fine

fine siftings of coarse Bran half an ounce : mix these with fair Water, make them up into a kind of Paste, and lay then some of it on the Spot; and being then a little moist, let it dry on before a gentle Fire.

Sprats to Pickle like Anchovies : Take a peck of the largest Sprats, without Heads, and Salt them a little over Night; then take a Pot or Barrel, and lay in it a lay of Bay-salt, and then a lay of Sprats, and a few Bay-leaves with a little Limon-Peel, then Salt again, thus do till you have filled the Vessel, then cover and pitch it, that no Air get in, set it in a cool Seller, and once in a Week turn it upside down; in three Months you may eat them.

Stains that come not by Grease are taken out by boiling Limon-peel in Small-beer, with a little Copperas, till it be very strong of them: then with a hard Brush rub up the place with it, and take it out again after a while with fair Water, wherein a little Castile-soap has been dissolved.

Stains another : Take Water and Starch, and make it into a Paste, with which cover the Stain, laying it about as thick as a Shilling, and leave it there: Next day rub it off as you would do dry Dirt: Or rub the Stain with Spirit of Turpentine.

Stanching Blood : Take round Mushrooms, or Puff-balls, in Autumn, when they are full ripe; break them warily, and save carefully the Poulder that will fly out, and the rest that remains in their Cavities, and strew this Poulder all over the Part affected, binding it on with a Liniment, and the Bleeding will be immediately stayed.

A most excellent Styptick for Stanching of Blood in a Great Wound. Take Hungarian Vitriol a pound, Salt of Tartar three ounces: mix and calcine gently in a naked Fire. This being applied presently stops the Bleeding; or being dissolved in Water, and Cloths dipt in it laid over the bleeding part. But if it is calcin'd in the Sun by the help of a good burning Glass, it adds much to its Vertue, as we have given a Demonstration of in the Solar Calcination of Antimony, in our Pharmacopœia Bateana, Lib. 1. Chap. 9. Sect. 14. ad 21. This also is excellent. Take Hungarian or Roman Vitriol calcin'd to whiteness by the Sun Bedms, three ounces, Saccharum Saturni two ounces, Roch-Alom in fine powder one ounce: mix them to be used as the former. But if it is to stop an inward Bleeding, or Flux of Blood, see Spitting Blood, where we have given you a Specifick inferior to no other thing in the World.

Streak-Dye : Cut a Neck or other Joint of Mutton in

Steaks, then season it with Pepper and Salt, lay your Paste into your baking Pan, and lay Butter in the bottom; then lay in your Steaks, and a little large Mace, and cover it with Butter, so close it, and bake it, and against it is baked, have in readiness good store of boil'd Parsly minced fine, and drained from the Water, some White-wine and some Vinegar, sweet Butter and Sugar, cut open your Pye, and put in this Sauce, and shake it well, and serve it to the Table: it is best hot.

Stephens's Catarter: See Doctor Stephens's Catarter.

Stingings of Insects: If you are stung with Wasps, Hornets, Bees, or the like, Take Juniper-berries when ripe, and bruise them, then distil them through an Alembick; and not only wash the place stung, but drink about a quarter of a pint of it with an ounce of the Juice of Rue.

Stiptick Catarter, the New Way: Take Colcothar, or red Vitriol, which remains in the Retort after the Spirit is drawn out, Sugar-candy, and Burnt-Alum, of each half a dram; the Urin of a young Lad, and Rose-water, of each half an ounce; Plantain-water two ounces: mix them well together for a considerable time, then pour the Mixture into a Viol, and when you separate it, do it by inclination for use.

This is so excellent for stopping Bleeding, that a Belster dipped in it, and apply'd to an open Artery, and held there a while, it has stay'd the Bleeding of it. A Pledget thrust up the Nostrils do's the like for the Bleeding there. Taken inwardly, it cures the Spitting of Blood and Bloody-flux, &c. The Dose, taken inwardly, is from half a dram to a dram, and it may be given in the Water of Knot-grass, Nettles, or Wood-sorrel. This Water is excellent for any one to carry about them, and may upon any Accident happening save a Life, that the Effusion of Blood, if not speedily stopped, may carry away with it.

Stockings Silk to Catarter: Make a good strong Lather with Soap, and pretty hot, then lay your Stockings on a Table, and take a piece of Seaman's Sail Cloth, double it up and rub them soundly with it, turn them first on one side, and then on the other, till they have pass through three Lathers. then rinse them well, and hang them to dry with the wrong sides outward; and when they are near dry, pluck them out with your Hands, and smooth them with an Iron on the wrong side.

Stomach Cat: When you find any great Heat or Burning in your Stomach, Take green Housleek, bruise it and press out the Juice; then over a gentle Fire make it

it into a Syrup with white Sugar.

This is excellent good, an ounce taken at a time for the Heart-burn.

A much better Medicine than this, is our Syrupus Antisebricitui, taken three Spoonfuls at a time in a Glass of Ale sweetned with Sugar, and taken at Night going to Bed: and if it is vehement, the Syrup may be taken Morning and Evening.

Stomach Elixir: Take the distilled Oils of Cinnamon, Cloves, and Wormwood, Citron and Orange-peel, of each six drops, refined Sugar, finely beaten, Spirit of Wine rectified, and Mint and Orange-flower-water, of each six ounces: mix them well, and make an Elixir.

This Elixir is exceeding good in all cold Infirmities of the Stomach, as also to fortifie the Nobler Parts. The Dose is from two drams to half an ounce, in Wine, Ale, or the like.

Stomach Pain'd: If the Stomach be afflicted with Pains occasioned by windiness, or Causes proceeding from the defect of the Spleen. Take an ounce of Cinnamon, and Gallegal, as much; put to them, when bruised, half a pound of Sugar, and lay it, when boiled up to a heighth, on Plates, make them into Lozenges: Take one at a time, and drink a Glass of Wine after it, and it will work gently; so that

in often taking, your Thirst will be much abated.

If the pain is indurate or of long Standing, and very extream, none of the ordinary Medicines will do; but you must come immediately to the use of fixt Alkalies, such as is this following Composition: Take the Orient part of Oyster-shells Levigated, Crabs Eyes Levigated, of each one ounce, Coral Levigated one ounce and half, or Terra sigillata in fine powder four ounces: mix them; give the Patient of this Powder half a dram or two Scruples at a time Morning and Evening in a Glass of Ale, which is to be continued for some few days; it never fails to do the Cure.

Stomachical Infusion: Take Agrimony two drams, small Centaury-tops one dram, Coriander-seeds bruised one scruple, Sassafras, Shavings and Bark, one dram; Gentian-root half a dram, Zedoary-root ten grains: put these to three quarters of a pint of boiling Spring-water, cover it, and let them steep twelve Hours; then strain it, and Bottle it up.

It exceedingly fortifies and refreshes the Stomach, eases it of Pains and Gripings, and prevents the Iliac-Passion.

Take Spiritus Universalis a pint, Winters-Cinnamon, Cloves, Nutmegs, Gentian, Tops of Wormwood and Centery, yellow of Orange and Limon-Peels, Zedoary, all in gross Powder or well

bruised, of each three drams: mix and digest twenty four Hours; then decant the Liquor. Dose one dram, Morning and Evening in a Glass of Wine.

Stone, the Cause and Cure: The Stone is ingendred of vicious and stinky Flegm in the Reins and Bladder, where by heat it petrifies and takes to it self the hardness and nature of a Stone.

To dissolve and bring away this, Take of the Tops of Borrage, Penil, Parsly, Endive and Succory, Spearage and Beets, of each a little handful; shred them and boil them in three quarts of Rhenish-wine, drink a quarter of a pint of it Morning and Evening; and once a Week, take a Clyster made of Mallows, Ground-sil, Southernwood, and Fetherfew boiled in fair Water, and mixed with two ounces of brown Sugar, especially if the Affliction be in the Reins.

Another: Take thirty or forty Drops of Spirit of Castor in a Glass of Rhenish Wine every Morning fasting.

Another: Take of the Juice of Leeks, Onions and Radishes, of each two pound; Juices of Limons, Pellitory and Mouse-ear, of each half a pound; Calx of Crystal and Pidgeon's-dung, of each half a pound; digest it for ten Days, then distill it. You may give it from one dram to half an ounce at a time in Rhenish Wine.

Another: Gather the Leaves of Golden-rod when it is in its greatest Vigour, dry them in the shade; and when you are troubled with the Stone or Gravel, take one ounce thereof (made into subtil Powder) in a small Glass of White-wine and Milk, of each a like quantity; repeat this as often as there is cause for it. When the Herb is green, you may boil a handful of it in White-wine Posset-drink, and drink it instead of the dried Herb, which is to keep all the Year.

Another: This is one of the greatest Secrets in Nature for this Cure. Take Goat's Blood dried and made into fine Powder, Strasburgh or Venice-Turpentine boiled in fair Water, so long till (being cold) it may be reduced into Powder, of each an ounce, mix them. Dose one dram Morning and Evening, drinking this Julep after them. Take Rhenish or Whitewine, Parsly or Arsmart-Water, of each a quarter of a pint or better, Syrup of Winter-Cherries an ounce and half, mix for a Draught.

Strain: The Strain or Sprain being newly contracted. Take a handful of Wormwood and bruise it well in a stone Mortar, then put to it the Whites of two Eggs beaten; make a Poultice of it, and lay it to the grieved place.

Take green Comfrey roots, cleanse them and beat them in a Mortar to a Cataplasme, which spread upon Leather and apply it.

it; it is one of the best things in the World: where note, that some having cleansed them, boil them in Water to softness, then beat them in a Mortar to a Cataplasme.

Strangury: This is caused either from the Urin's being over sharp, which provokes the expulsive Faculties to expel it before any quantity be gathered together, or that the retentive Faculty to the Bladder is weakened through some distemperature, especially of Cold, or else through some Ulcer, or Inflammation of the Bladder, to which the Urin coming, doth extimulate the expulsive Faculty; or lastly, when the Womb, or Bowels being inflamed do trouble or distend the Bladder. To remedy this,

Take Cassia one dram, Manna two ounces, Violets, Sorrel and Purslain, of each a pugil; Licorice, Prunes, and the Leaves of Mallows, of each two ounces: bruise and boil these in two quarts of Whey till a fourth part be consumed; strain out the liquid part, and sweeten it with Honey, and drink a quarter of a pint as hot as may be falling, and an hour after take a quarter of an ounce of the Oil of Violets, and half an ounce of the Oil of sweet Almonds mixed together.

This is a famous and often experienced Remedy. Take of our Catia Vita, Powers of Juniper,

Powers of Anniseeds, of each an ounce: mix them: give one Spoonful of this in a Glass of Ale or White-Port-Wine upon extremity, and at Night going to Bed, two, three, or four grains of my Volatile Laudanum, Or you may give this. Take White-Port-Wine, a gallon, Winter Cherries in fine Powder, eight or ten ounces: mix and digest cold for a Month, then give the clear Liquor, half a Pint at a time Morning, and Night, as often if in extremity and need requires it. See also our Prescription of Goats-blood aforesaid.

Strengthening the Bowels: Take Cloves, or Chives (not Bulbs) of Garlick, and swallow at convenient times one or two of them without chewing.

You must pull off all the Skin to the very innermost thin one, which you must by no means break, and when the Clove or Cloves are to be swallowed whole: So will it be done without any offence to the Stomach or Breath, and be free from offending any Company, or the By-standers.

Stump-Pye to Season: Take Veal or Mutton, mince it raw, and make it up into Balls about the bigness of large Walnuts; then put half an ounce of Pepper, half an ounce of Nutmegs, and half an ounce of Cloves and Mace; Marjoram, Thyme and Savory cut small, then add a pound of Currants: mix these well

well together, and put them to two pound of the Meat; then work them up into Balls of the aforesaid bigness with six Eggs, and at the closing up put a pound of Butter dispersed among them in little Balls as big as Marbles. Then make a Candle with a quarter of a pint of Whitewine, half a quart of Verjuice, the Yolks of three Eggs, and a little whole Mace: then putting in about a quarter of a pound of Butter when they are well beaten up and thickned over a gentle Fire, put it into the Pye, and so closing the Lid, bake it in an indifferently well heated Oven.

Sturgeon Boiled: Take a Rand and cut it into square Pieces as big as a Crown Piece, stew them in a broad mouth'd Pipkin, with three or four large Onions, some large Mace, three or four Cloves, Pepper, Salt, some sliced Nutmeg, three Bay-Leaves, some White-wine and Water, Butter, and a race of sliced Ginger: stew them well together, and serve them on Sippets, swimming them over with beaten Butter, sliced Limon and Barberries; let the Garnish be the same.

Sturgeon to Pickle: Garbidge your Sturgeon, if it be a Female, keep the Spawn to make Caviar, split him down equally on the Back, cut off the Jole to the Body-ward, then your first or second Rand very fair, let your Tail piece

be least, bind up these Pieces close with Flag or Tape, season them very well with Salt, let it boile a Flour and half before you take it up, all the while it boils scum off the Oyl, and supply it with Liquor, otherwise it will be rusty.

Sturgeon Soused to keep: Draw your Sturgeon and cut it down the Back into equal Sides and Rands, then wash it from the Blood with Water and Salt, then boil it in warm Vinegar and Salt, till it be tender, then put it in some place to cool, when cold Barrel it up close with the Liquor it was boiled in.

Sturgeon Pye, Hot: Take a Rand of Sturgeon and cut it into Collops about the bigness of a Goose Egg, then season them with Salt, Nutmeg, Ginger and Pepper; your Pye being made, put in the bottom some Butter, then your Collops of Sturgeon with two Bay leaves, some large Mace, whole Cloves, blanched Chestnuts, Goose-berrys, or Barberries, and some Butter; being baked, pour in a lair made of Butter, the Blood of the Sturgeon and Claret-Wine, boiled up and beaten together.

Sugar-Cakes: Take a pound of fine Sugar, beaten and searced, with four ounces of the finest Flour, put to it one pound of Butter well washed with Rose-water, and work them well together, then take the Yolks of four Eggs, and beat

beat them with some spoonful of Rose-water, in which hath been steep three days before Nutmegs and Cinnamon, then put thereto so much Cream as will make it knead to a stiff Paste, toul it into thin Cakes, and prick them, and lay them on Plates, and bake them; you need not to butter your Plates, for they will slip off of themselves, when they are cold.

Sullabub, see Syllabub.

Surfeit-Eliater: Take what quantity of Brandy you please, and steep a proportionable quantity of red Poppy-flowers in it; and when the colour is extracted, press them out, and put in fresh and do till the Brandy is of a deep Tincture; then slice in Nutmeg, Ginger and Cinnamon, of each two drams, to a quart of the Brandy, and add an ounce of fine Sugar likewise to every quart. Then keep it close stop'd, and it is excellent good for Surfeits, Wind, or illness of the Stomach.

Swan: When it is killed, is either Boiled or scalded, if full of Hairs, then old, but if not full of Hairs, then young, and when young called Cygnets.

Swan-Pye: Pluck and skin your Swan, take out the Bones, then Parboil it and season it with Salt, Pepper and Ginger, Lard it, and put it into a deep Rye Coffin, with a good quantity of Butter,

let it soak very well in the Oven, and being baked, pour in at the Funnel some melted Butter.

Sweet to Probake: Take of our Gutta Vita, from thirty, to fifty drops, Powers of Juniper sixty drops, of our Aqua Bezoartica one ounce: mix for a Dose, which give in a Glasse of Sack, at Bed-time; 'tis an excellent thing.

Sweet-Breads Baked: Take and boil them, adding thereto some parboild Currans, two or three minced Dates, the Yolks of two New-laid Eggs, some grated White-bread, season it lightly with Pepper, Salt, Nutmeg, and Sugar, wring in the Juice of an Orange or Limon; lay all these between two Sheets of Puff-Paste, and bake it, or fry it well in good sweet Butter.

Sweet-Meats Excellent: Take half a pound of blanched Almonds, beaten very fine with a little Rose-water, two ounces of the Leaves of Damask Roses beaten fine, then take half a pound of Sugar, and a little more, wet it with Water, and boil it to a Candy height, then put in your Almonds and Roses, and a grain of Musk, and let them boil a little while together, and then put it into Glasses, it makes a fine sort of Marmalade.

Sweet-Meats of Grapes: Take and pluck them from their Stalks and bruise them well, then strain them through

a Strainer made of French Canvas; then set that Juice in a Gally-Pot, into a Kettle of boiling Water for three Hours; then take the weight of it in fine Sugar, and boil it to a Candy height, then put in your Juice of Grapes, and boil it till it be very clear, and scum it well; then put it into Glasses, and set them into a Stove for a while.

Sweet Meats of Rasps, Currans, or Cherries: Boil your Rasps (in a high Pot stop close) till they be all come to a Liquor, then let the clear run through a strainer, and to a pint whereof, put a pound of Red Currans (first stoned and the black ends cut off) and a pound of Sugar; boil these till the Liquor be gelled, then put it in Glasses, it will look like Rubies in clear Jelly. You may do the same with Cherries, either stoned and the Stalks cut off, or three or four Caps upon one Stalk, and the Stones left in the first, and boiled in Liquor or Rasps.

Swelling to Break: Take of salt Butter half an ounce, Leaven one ounce, white Mustard-seed two drams, Garlic one dram, Oil of Camomil three quarters of an ounce: bruise and mix these together, and apply them hot Poultiswise, spread on a Colwort-leaf, suffering it to lie on four or five Hours; and then if the Matter be soft,

and the Skin not broke, open it gently with a Lancer, or potential Caution; and being opened, for its Speedier Cure use this Decoction.

Take round Aristolochia, Agrimony, Self-heal, Parsly-roots, and Gentian, of each an ounce; boil them in half a pint of Wine, and as much Water; and tending it with proper Unguents, lay on this consolidating Plaster.

Take the dried Roots of round Aristolochia one ounce, Frankincense, Mastick, and Myrrh, of each two drams; Aloes-succotrine one dram, Litharge four scruples, red Lead two scruples, Meal of Lupins one dram; make these into a very fine Powder: then dissolve Deers-suet one ounce, Oil of St. John's-wort six drams, washed Turpentine half an ounce, Bees-wax three ounces; and being well incorporated over a gentle Fire, put in the Powder, and make all into a Plaster.

This is admirable in any Tumours, or Swellings, and more particularly in Plague-Sores.

Swelling when the Gout ceases: To remedy this, Take the Ashes of burnt Oyster-shells, or rather the Powder of them, when they are calcined, the Ashes of Sponges and Dodder, of each an ounce: boil them in a pint of sharp Vinegar, and a quarter of a pint of Water; and with the Decoction

Decoction bath the Part as hot as may be endured.

Or you may bath the Part affixed with this following mixture: Take Spirit of Wine a pint, Camphire two ounces: mix and dissolve: bathe the Place affixed well with this, two, three or four times a day, or more as you see occasion; and then apply Linen Cloaths, eight or twelve times double, dip into the Liquor, upon the part, and so gently bind it up.

Swelling of the Liver, or Spleen: Take the Leaves and Berries of Ivy, infuse them when bruised ten days in Whitewine; then boil it till the Wine is three quarters consumed, strain out, by hard pressing, what liquid part remains, and put to it a like quantity of Olive-oil, and half the quantity of Bees-wax, and therewith being warm'd over a gentle Fire, anoint the Place nearest to the Internals so griev'd, as hot as it may be endured; and in so often doing, you will find great Advantage thereby.

Swelling of the Matrix: This is frequently caused by Ventosities, or Windiness after the Birth of Children. To Remedy it, take Mustard-seed, or Rape-seed, and boil them in Water, make a Fomentation, and inject it.

The most excellent thing for this purpose is to bathe the Region of the Womb, Morning and Evening very well with

Powers of Amber; this Medicine will give relief beyond all imagination; more especially if two drams of it be given inwardly in a Glass of Sack, or White-wine, at Night going to Bed.

Swallow-water: Take twelve Swallows out of the Nest, cast them whole into a glass Alembick, add thereto the Shavings of a Man's Skull three ounces, Castor one ounce and a half, Powder of Mistletoe one ounce; Juice of the Roots and Leaves of Male-Peony six ounces, Water of the Flowers of Tillet, Lavender, and Lily of the Valley, of each a pint and a half; Vinegar of Squills half a pint: macerate them over a gentle Fire the space of forty Hours; then distil them in a moderate Sand-heat, and keep the Water for use.

It is an excellent corrected Anti-Epileptic Water, and has particular Virtues against that Distemper. It is given about a Spoonful in the Fit, and may be continued every Day, as occasion requires, after the use of general Remedies.

Swelling of the Pardon: A Cataplasma of Baked Turneps applied as hot as they can will be endured, and renewed as need require, is a most excellent thing in this Case: I have known very great Swellings of this Part totally taken away by this remedy, (through its dissolutive Virtue) in the space of forty eight Hours.

℞ pillabub :

Syllabub : Take a pint of Canary or White-wine, a sprig of Rosemary, a Nutmeg quartered, the Juice of a Limon, and some of the Peel with Sugar, put these together in a Pot all Night, and cover them; in the Morning take a pint of Cream, and a Pint and half of New-Milk; then take out the Limon peel, Rosemary and Nutmeg, and squirt your Milk and Cream into the Pot, with a wooden Cow, sold at the Turners.

Syllabub Whipt : Take half a pint of Rhenish or White-wine, put it into a pint of Cream with the Whites of three Eggs, season it with Sugar, and beat it as you do Snow-Cream, with Birch-Rods, and take of the Froth as it rises and put it into your Pot, so do it till it be beaten into a Froth, let it stand out two or three Hours till it do settle, and then it will eat finely.

Syrup of Citron-Juice : Take three pints of Citron-Juice extremely purify'd, put it into a glass or glazed earthen Vessel; then dissolve therein six pound of fine Sugar, stir it till the Sugar be wholly incorporated with the Juice; continue stirring, as well when it is off, as when upon the Fire, and observe that you make use of no Vessels for the preparation of this, or any other Syrup of acid Juices, but such as are made of glass, or glazed Earth; for if they be of

Metal the Acids will take their Tincture and spoil the Syrup.

This is a great cooler, and therefore given in Fevers and hot Diseases; also to cut Flegm, and gargarize sore Mouths.

Syrup of Coral : Take four ounces of red Coral well chosen, grind it into Powder on a porphyry Stone; moisten it with Rosewater, and being dry, put it into a glass Cucurbit, and pour on it three pints of the Juice of Barberries well clarified; put the Cucurbit in a Heat of Ashes moderately hot forty Hours, stirring the Ingredients from time to time with a wooden Spatula; then filter the Liquor through a brown Paper; weigh it, and return it into a glass Cucurbit set in Balneo Maria; dissolve in it the double weight of Sugar, it is excellent in pestilential Distempers.

Syrup of Elder : Take ripe Elder-berries, bruise them well, press out the Juice, and put to a gallon a pint of Canary, or Muscadell, boil it to the consumption of almost one half, keeping it well scummed; and when it is hot off the Fire, put in the Sugar, and stir it about: then set it on again till it thickens to a Syrup.

This cleanses the Stomach and Spleen, takes away the Obstructions of the Liver, by taking a spoonful fasting, often.

Syrup Epileptick : Take Mistletoe of the Oak, Roots of Penny, the Shavings of a dead Man's

Man's Skull that dy'd a violent Death, of each half an ounce, Flowers of Lily of the Valley; Rosemary, Lavender, Sage, and Marigolds, of each a little handful: bruise the Mistletoe and Roots, and put them together with the Shavings of the Skull and Flowers, into a Matras, and pour on them one pint of rectified Spirit of Wine; and having well closed the Vessel, let them macerate a Week together over a moderate Heat; then with a gentle Heat draw off half the Spirit of Wine, and preserve it a-part. The remainder being pressed, clarified and filtered, bring it into the consistence of a Syrup with eight ounces of the finest Sugar; then aromatize it with two drops of distilled Oil of Cinnamon.

This Syrup is very highly commended for the Prevention and Cure of the Epilepsie. It is to be taken alone, and fasting, from half an ounce to an ounce: You may re-inforce the Dose with a dram of the Spirit drawn off, and mix the Syrup with cephalick Waters, or Decoctions.

Syrup of Rhubarb : Take of the best Rhubarb, and the Leaves of Senna, of each two ounces and a half; a handful of Violet-flowers, Cinnamon one dram and a half, Ginger half a dram, Succory-Water two quarts: let these infuse over warm Ashes, or Embers, a Night, the liquid part being well pressed out through a close Strainer; and then boil it up with Sugar to a Syrup, ad-

ding to it four ounces of the solutive Syrup of Roses.

This is a very good and gentle Purge, and may be safely given to Children and weak People upon any urgent occasion, they being kept from taking Cold upon its reception. The Dose is from one ounce to an ounce and a half. It expels evil Humours, fortifies the Stomach, and causes a good Digestion, kills Worms in Children, and causes gentle breathing Sweats.

Syrup for Rheums : Take Syrup of Jubebs, Syrup of Corn, Poppy-flowers, and dried Roses, of each an ounce: mix these together, and take half a Spoonful at a time.

Syder to Make and Order : Take your Apples, as you fancy the Syder most convenient to your Palate, viz either Red-streaks, Pearmains, Pippins, Golden-Pippins, &c. when they are indifferent ripe, so that upon shaking they will fall with tolerable Ease: bruise or grind your Apples very small; and then putting them into a Hair-Bag, squeeze out the Juice in a Press by degrees, and not over hastily: put up the Liquid part into a Cask seasoned by burning a Rag in it, at the end of a Stick, dipped in Brimstone, when the Smoke is evaporated, and the Vessel washed with a little warm Liquor that has run through the second straining, or Husks of the Apples: and to make it work kindly, put in a little Flour

Flour and Honey made up in a Paste, and enclosed in a thin Rag; so let it stand in a moderate warm place six or seven Days, and then draw it off from the Lees or Settling into another Cask so ordered, or Bottle it up at your discretion. But in Bottling take Care to leave an inch space from the Cork, lest in working or fermenting again, it either force out the Cork, or break the Bottles. Or if such Danger appear by the singing of the Air through the porous Part of the Cork, you may open them and give them vent, or have a Quill run through the Cork, which you may stop and open at pleasure with less danger and difficulty. And so of the Cask, in Winter keep it in a warm place for fear of chilling or freezing: and in Summer in a cold Place, lest it ferment; and that tainting it, it grow musty or thick. You may likewise preserve it from these latter, by putting a little lump of Loaf Sugar for it to feed on.

Syder of Codlins: This is usually made for present spending; for it will not keep longer than Autumn, though it is of an excellent Taste, and very pleasant, and sparkling to the Eye; and so called *Summer-Syder*. To do this, Take your Codlins when they begin to be ripe, and lay them in Hay or Straw three Days, after they are gathered, to sweat a

little; then cut them in quarters, and take out the Core and Kernels, and bruise them as the former; squeeze out the Liquid part, and let it run into a Vessel beneath the Press, through a very fine Hair or Tiffany-Sieve, that may stop the Fragments that will come away with it. Being drawn off, warm it over a gentle Fire, but suffer it not to boil, scum off the part that bubbles up, and sprinkle into it some fine powdered white Sugar-candy; then put it up into a Cask and with a little of it, heat about half a pint of Ale-Yeast, and pour it in very warm; and so let it work for Twenty four Hours, then draw it off into another Cask, or Bottles, and leave either of them open ten or twelve Hours in a cool place till it is fit to stop up close: and so ordering it, it will be fit to drink in eight or ten Days, and have a curious cooling tart flavor with it.

Syder another way: Take such Apples as are suitable to your Palate, pare them, and cutting out the Core and Kernels, slice them, and boil them in a sufficient quantity of Water till a third part be consumed. A Peck of sliced Apples to a Barrel of Water, when first put in, before the consumption is sufficient. Then strain the Water from the boiled Apples, and pour it on three Pecks of bruised Apples that are not boiled; and so

so letting it, after fourteen or fifteen Hours steeping, run from them; then press out what will not otherways come away by the swelling of the Apples, and put it up for use. Let it work sufficiently; then stop it close, and be careful to mind it, also giving vent, if there be occasion, lest it force the Cask, or Bottles; and when it is sited, it will be in Colour and Taste like Champaign Wine.

Syder another way: Take a peck of Apples and slice them, and boil them in a Barrel of Water, till the third part be wasted, then cool your Water as you do for Wort: when it is cooled you must pour the Water upon three measures of ground Apples; then drain out the Water at a Tap three or four times a day, for three Days together: then press out the Liquor and Tun it up: when it hath done working, then stop it up close.

Syder its Spirit: This may be gained without distilling, and the better way, by setting a Hoghead of Syder to freeze in Winter, and so the strength of it retiring to the middle, (which will be about twelve or fourteen gallons, when the weaker part is overpowered by the cold) let it out by broaching with a hot Iron. It will prove stronger than Canary and much of the Taste.

This Way is frequently used in New-England, and other Places, where they have great plenty of Syder.

Syder Royal: It is two fold. 1. Of the strength of White-wine. To every Hoghead of Syder, put four gallons of Spirit of Syder, or Brandy (which is about a pint of Spirit to a gallon of Syder) and one gallon of Sweets. 2. Of the strength of Canary. To every Hoghead of Syder, put six gallons of Spirit of Syder or Brandy, and three gallons of Sweets, which is to every gallon of Syder a pint and half of Spirit, and three quarters of a pint of Sweets. These Sweets are thus made. Take Sugar twenty eight pound, Water eight or ten quarts, in which ten Whites of Eggs are well beaten and dissolved, put the Sugar into a Vessel or Kettle, over a gentle Fire, and add thereto a gallon of the Egg Water, stir all about till the Sugar is dissolved; when it boils, put in more Egg Water, to keep it from boiling too high, and so continue putting it in one half pint after another for an Hour, till all your Egg Water is spent, thus will the Eggs carry away all the foulness of the Sugar, making it rise in a scum, and so be taken clear off: this done boil it to the Consistency of a Syrup, which will be very pure, and being cold is to be used, with a little Coriander-seed, tyed up in a Rag: you may make this either of White or Brown Sugar: if of White,

the Syder Royal, will be of a pale colour; but if of Brown Sugar, it will be almost of an Amber colour, which latter, since it is not only cheaper, but at pure, may in my Opinion be as well used: of these Sweets you are to put in to please your Palate, more or less, as the tartness of your Syder requires; which is yet not to be done, till the Syder is racked off the last time, and that it is past the Fermentation. After the mixture is three or four Months old it will be fit to drink; but observe that the staler your Syder is before the Spirits are put to it, the more time the mixture will require to meliorate, and the sooner they are put in, provided it is after the last racking, the sooner it will be fit for drinking, but

the longer it is kept before it is drunk, the better it will be. This Syder Royal, drinks very unpleasingly when it is first made; but after it has stood its due time without drawing, no Wine will be more strong and pleasing; nor is it to be Bottled up, till it has stood its due time in the Cask. This Syder will keep in Casks, two or three Years, provided the Cask is kept full, for that in two Months time, it will be apt to waste a quart, more or less, as the Vessel is in bigness, so that it must be continually filled up again with Liquor of the same strength, or rather stronger, by which means it will grow better and better for some Years; but if it is kept too long, it becomes as unpleasant as old Hock, &c.

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Tablets of Crocus Martis: Take Saffron, of Vitriol, of Mars half an ounce, Earth-worms washed in Wine, dried and pulverized, one dram, Cinnamon Pouder, very fine, half a dram, & refined Sugar boiled in Mugwort-water six ounces: mix them well, and make them into Tablets, called Tablets of Saffron of Mars.

These Tablets are proper to open Obstructions of the Bowels, and particularly those of

the Matrix. The Dose is from two drams to half an ounce: they are to be taken fasting in a Morning, and about an Hour after drink two or three spoonfuls of Worm-wood Wine.

Taffet-p-Tarts: Take fine Flour a quarter of a peck, the Yolks of twelve Eggs, sweet Butter two pound, Yeast a quarter of a pint, Sugar two ounces: mix these well with hot Liquor till they be made into a stiff Paste, rowl it up into small Balls, and then into thin

thin Plates with your Roller: walk round the Brims of them with new Milk; then boil Pipens soft, take off the Peel, and scrape off the Pulp from the Core, mix the Pulp with a little Sugar, Rose-water, the Scrapings, and candied Orange-peel, and a little Marmalade of Quinces: make them up in the forms of Tarts, bake them in a gentle Oven, after you have dried them first in a warm Place, and serve them up scraped over with Sugar, and sprinkled with Essence of Violets, or Roses.

Tansie: The Juice is good, but the Conserve is most approved. 'Tis used for the Gripes, Stone in the Kidneys, Worms in the Belly, Obstruction of the Courses, and the Dropsie? It resists Putrefaction, and brings away or expels putrefied Blood: It is good for the Scurvy, and purifies the whole Mass of Blood, enlivening the whole Body; but especially for the Dropsie it is taken with good success.

Tansie the New Way: Take about twelve or thirteen new-lay'd Eggs to three pints of Cream, yet put in but seven of the Whites of the Eggs, and strain out a pint of the Juice of Spineage, or Endive, and Sorrel, six or seven spoonfuls of the Juice of Tansie, Nutmeg sliced small, and half a pound of fine Sugar, with a little Rose-water and a little Salt beat together: then fry it

in a clean Pan, that it be not blacked, with Butter. Serve it up with Sugar, Rose-water, and Orange-juice.

Tansie, another Way; Take a penny Manchet, grate it very fine, add a handful of fine Flour, and the Yolks of six Eggs; then grate in two Naples Biskets: make these thin into a Batter with Rose-water and Canary; then add two ounces of the Juice of Garden-Tansie, after it is well clarified and settled, and an ounce of the Juice of Clary, with a little beaten Cinnamon and Sugar: Fry these in sweet Butter over a gentle Fire, till it becomes somewhat brown, but beware of burning it, for then it is spoiled: then serve it up sprinkled with Rosewater, wherein Saffron has been infused, and scrape over some Loaf-sugar.

Tansie Green, to fry, or boil over a Pot: Take a quart of Cream, the Yolks of eighteen Eggs, half their Whites well beat, mix them together, and put in one Nutmeg grated, then colour it well with the Juice of Spinage, and sweeten it with Sugar, put it in the Pan, and pour in your Butter, and fry it on the one side, then turn it on a Pye-Plate, and slide it into the Pan again, and fry it, then put it on a Pye-Plate. lay some thin slices of Limon upon it, and strew on fine Sugar, and serve it to the Table. If you will not

not fry it, then Butter a Dish and pour it therein, and set it upon a Pot of boiling Water till it be enough. Thus you may make Tansies of any other things, as Violets, Raspberries, Gilliflowers, Cowslips, Marrigolds, or any such like and colour them, with their Juice; you may use green Wheat instead of Spinage.

Taragon: This is used frequently in Sallads to correct the coldness of other Herbs, and their Crudities. It is good for cold Stomachs, procuring an Appetite, and expelling Wind: It provokes Urin and the Courses, opens Obstructions; and being chewed, evacuates Flegm, and eases the Pains of the Teeth.

Taragon Pickled: Strip it from the Stalk, put it into a Vessel with half White-wine, and half Vinegar, stop it close and keep it for use.

Taragon-Poultis: Take of Taragon a handful, Rue-woops half a handful, Briony-leaves five or six; bruise them well, and mix them with two ounces of the Oil of Water-lilies.

This is an excellent Poultis, to allay Inflammations in Swellings, ease Pains in the Belly, by being applied to the Navel pretty warm; suddenly draws to a Head, and breaks Plaguesores, or other Swellings caused by internal Corruption.

Tar-Water: Take of the best *Sweet Tar*, refined from

its dross, or settling, six pound, put it into a thin earthen Vessel, and set that Vessel in a cold Still; make under it a gentle Fire, and when there comes a thorough Heat, a thin Vapour will ascend and distil into your Receivers; or for fear of injuring the bottom of your Still, you may have such an earthen Vessel as will shut close with the head of your Still.

This is an excellent and improved Water for all dry or old Sores, Scurfs, Scabs or Ulcers, being washed or bathed with it. It likewise eases the Pains of the Gout, or any Pains occasioned by coldness in the Joints. A Lint dipped in it, and applied, eases the Pains in the Teeth: the Temples bathed with it eases the Pains in the head.

Tart of Green Pease: Boil the Pease tender, and pour them out into a Cullender, season them with Saffron, Sugar, and Salt, add Sweet Butter, and then close up these Materials in a Paste; when it is baked, ice it over with Sugar and Rosewater: put in a little Verjuice, and shake it well; and so scraping a little Sugar on the Lid, serve it up.

Tart of Apricocks: Take some Apricocks three quarters ripe, scrape the out-side off and put them into Water as you scrape them; having raised your Tart, dry them and fill it therewith, strow good

store

store of Sugar on the top, close it, bake it an hour, and scrape on Sugar.

Tart of Cherries: Stone your Cherries, and lay them in the bottom of your Pye, with beaten Cinnamon, Ginger and Sugar, then close it up, bake it and Ice it, when it is baked, pour into it Muskadine and Damask Water, well mingled together, and scrape on Sugar.

Tart of Green Sprouts: Take green Sprouts, and give them a scald in hot Water, lay them a draining, and so mince them small, and put them into fine Paste, and garnish them with Herbs, season them with Lard melted, and Beef-marrow, and an Onion stuck with Cloves and Pepper, and some thin slices of interlarded Bacon: between the interlayings of the Herb, and so cover it up with some Paste; and when it is baked, put in some Gravy, and the Juice of Limon, and serve it up.

Tart of Pattipans: Take a pound of Flour, three quarters of a pound of Butter, and four Eggs, leaving out the Whites, and fifteen large Pippins, one pound of Sugar, cut your Pippins round, cutting out the Cores, wash your Paste when they are in the Pans with melted Butter, and on the top of the Lids put some shred Orange or Limon-peel, they must be roll'd out very thin.

Tarts of Pears, Wardens, Pippins and Quinces: Take four Wardens, five Quinces, six Pears, eight Pippins, pare them and slice them into thin slices, then season them with beaten Cinnamon, Orange and Citron, candied and minced, or for want of that you may use the raw Peels of Limon or Orange minced small, lay on the top of all two pound of Sugar, then close up your Paste, Pasty-pan, or Dish, bake it and Ice it, scraping on Sugar.

Tart of Pistaches: Cut the Pistaches, and green Citron, and put it into fine Paste, and season it well with Sugar and Cinnamon, with the Juice of Limon, and cover it up; when you serve it, put Orange-flowers to it for garnish, or other candied Flowers.

Tart of Pippins: Having some Puff Paste ready in a Dish or Pan, lay in some preserved Pippins, which have Orange-Peel in them, and the juice of Orange or Limon to close them, and bake them a little.

Tart of Prunes: Stew two pound of Prunes in as much Claret-wine as will cover them; being tender strain them, then wash and rub them all together, and pour in some of the Liquor they were stewed in, to wash the Prunes from the Stones; then set what you have strain'd, over a Chafing Dish of Coals with a lit-

the whole Cinnamon, large Mace, a little Orangado and Citron minced, season it with Sugar, Rose-water, beaten Cinnamon and Ginger, let it boil up till it be thick, after this take out your whole Spice; let not the Walls of your Tart be above an inch and a half high, and dry it first in an Oven, you may make it corner'd Fashion either in six, or eight then put in your Stuff, and let no Corner be empty, but with your Spoon plane it every where, put it into the Oven, and let it stand a little, when you draw it, stick it with Lozenges, and scrape on Sugar.

Tart of Rice: Boil the Rice, when clean dressed, in Cream, or Milk; and when it is tender, put it into a Dish, and season it with Nutmeg, Ginger, and Cinnamon, a little Pepper, Salt and Sugar, the Yolks of six Eggs, and the Juice of Oranges: bake it in a gentle Oven; and being enough, draw it: then scrape Sugar on the Lid of it, and so serve it up.

Tart of several Sweet-Meats: Take some Puff-Paste, and roll it very thin, and lay it in the bottom of your Baking-pan, then lay in a Lay of Preserved Barberries, then some more Paste very thin to cover them, then some Currans Preserved; and then a Sheet of Paste to cover them, then any white Sweet-Meat, as Pippins, white Plumbs or Grapes, so lid

it with Puff Paste, cut in some pretty fanlike to shew the Fruit, then bake it, and stick it full of Cahidied Peels, and serve it cold.

Tartar, the Cream Soluble: To make this Soluble, Take Cream of Tartar, dissolve it in a sufficient quantity of hot Water; then gently drop into it Liqueur of Salt of Tartar till the Ebullition ceases, evaporate the superfluous Moisture, and the soluble Cream of Tartar will remain; for the quantity of the fixed Salt surmounting the Acidity of the Cream of Tartar, breaks the Union of its Parts, and insinuating its Pores, makes it dissoluble in cold Water, or cold Liquors; whereas, otherways, it could not be dissolved, but in those that are boiling hot.

For Soluble Emetick Cream of Tartar, Take Crocus Metallorum, mixed with Salts and Cream of Tartar, of each two ounces pulverize them very finely, and let them macerate for fifteen Hours in three pints of cold Spring-water: then digest them as long in a moderate Sand-bath, and at length increase the Fire, and let them boil gently; filter the Liquor, and evaporate it till a thin Film cover it, then set it in a cool place to crystallize.

The Parts of the Tartar, being dissuited by the fixed Salt remaining in the Saffron of Metals, is easily dissolved in cold Water, and fitted to purge upwards and downwards, giving it from two to three, four, five, or six

grains, in Broth, or Wine, or some other convenient Liquor.

Tart of Strawberry: Take middle sized Strawberries, and wash them, put them into your Paste, season them with Cinnamon, Ginger, and a little Red-wine, on the top lay Sugar, let it stand in the Oven about half an Hour; then draw it, ice it and scrape on Sugar.

Teals: If they feel thick or hard upon the Belly, then they are fat; but if they feel thin upon the Belly, then they are lean; and if they are dry footed, then stale killed, but if limber footed, then they are new killed.

Teal Boiled: Take the largest sort of Teal, draw them and pick them clean, then take about a dozen stewing Oysters, Thyme, Sage, Winter-savory and Parsly clean stript and cut small: make them with a little Butter and Pepper into a Ball stiffned with Flour; and the Fowl being trussed, put this into the Belly, tying the Neck and Vent very close, then put the Fowl into the Water when it begins to boil: being boiled tender, dish them on Sippets, with Gravy, Anchovy-sauce, and the Herbs; laying the Oysters, with some Limon-peel and Parsly, about the Dish for garnish.

Tears to Prevent: If Tears or watry Humors are usually standing in the Eyes,

hindring the Sight, and being much Troubled, Take of Ales Epatick two drams, infuse them in about half a pint of White-wine, and Rosewater, of each an equal quantity, and wash the Eyes with the Liquid part Morning and Evening; or else foment them with the Water of Seachades.

Tease, its Decoction: This is usually called Fullers Whistle; the Roots of it boiled in Wine help to cure Ulcers, and Warts. There is a Water that is received in the hollownes of the Leaves of this Plant, as it grows, after a shower of Rain, which, by long standing there, becomes good for the Inflammations of the Eyes, also to take away Spots from the Face, and beautifie it. The Herb boiled in Wine purges by Urin.

Teeth to Fasten: Take a pint of Red or Claret-wine, and about half an ounce of Japan-earth, dissolve it as much as may be; then pour off the Clear, and wash the Mouth with it often: or, Take Sage, and Winter-savory, boil them in Spring-water till the Water is strong of the Herbs; then put into a pint an ounce of Honey, and half an ounce of Aloes, boil it a little till the latter are dissolved: and then being strained, wash your Mouth with it at convenient times.

But there is nothing better than to rub the Teeth and Gums with Green Scurvigrass, six, eight, or ten times a Day, or so hold the

Herb between the Teeth and Lips all Day, between Meals; but especially to let it lye there all Night, and this to be constantly done, for twelve, or fourteen Days together, more or less, as you see occasion; this method cleans and cleanses the Teeth, absolutely cures the Scurvy in the Gums, fills them up with Flesh, and fastens the Teeth if they be loose, beyond all other things whatsoever.

Teeth to keep Sound: Let the Party, if it can be agreeable, frequently rub his Teeth with the Ashes that remain in a Pipe after it is smoaked, washing it afterward with fair Water. Or, Take the Juice of Housleek, and Scabious, and wash your Mouth with it once or twice a Week in the Morning.

Teeth to make firm: Take the Ashes of Vine-sprigs, and those of the Root of Burdock, put them into Vinegar, let them steep about six Hours, and then first wash your Mouth with fair Water, and afterward with Vinegar strained clean from the Ashes, and it will fix and preserve the Teeth to a very great Age.

Teeth offensive: If your Teeth, by reason of their Rottenness, or Humours settling under them, cast an ill favour, to Remedy it, Take four ounces of Cummin-seed, seeth it in a quart of White-wine with some Tops of Baum and Mint, till a quarter of a

pint be consumed; and with this wash your Mouth Morning and Evening.

But to wash the Teeth with Juice of Scurvigrass, five, six, or eight times a Day, it beyond all other things whatsoever; I speak what I know by experience.

Tench=Pyre: To order this, and season it well, Take about six Tenches; and having made the Coffin, lay a laying of Butter, and some Nutmeg, Cinnamon, and Mace lightly scatter'd over it; then lay in the Tench, put over them some more Butter, and Spice, with a few blue Ostrans clean washed, and pour in about a quarter of a pint of Claret, then bake it well: when enough, take it out, and put in more Butter at the spout, and serve it up with some fine Sugar dusted over it.

In this manner you may season a Carp-pye, but three of them, if any thing large, are sufficient in one Pye.

Tender Eyes: Take the Water of Plantain, Bye-bride, Pimpernel, and Oil of Roses, beat them up together, and wash or anoint the Eyes with them, and the Sight will be much strengthened.

If they are apt to be afflicted with a violent Flux of Rheum either from Weakness, or taking cold, you may wash the Eye with simple Brandy cold three, five, or six times, at due intervals.

walls: It is a remedy beyond most other things: nor will it make the Eye smart so much as some, which seem to be much more mild.

Tenesmus: Mix Balsam of Sulphur, made with Oil of Turpentine, with Linseed, or some other such like convenient drying Oil, till the Balsam be thereby so well allayed, that it may be well endured; then let the Party dip a Finger in it, and use it as a Suppository once or twice a Day.

Terms of Art, and Hard Words in Physick, &c. Explained. *Abstergent*, wiping.

Acrimony, is a Quality that is biting upon the Tongue.

Acid, is a thing very sharp, viz. *Liquids, Herbs, &c.*

Agglutinate, to glue together.

Alexipharmick, resisting Poison.

Alternately, by Turns.

Antidote, gives ease.

Aperitive, opening.

Aqueous, watry.

Aromatick, odoriferous, or spicy smells.

Asthma, Difficulty of Breath.

Attenuate, to thin.

Attractive, Drawing.

Astringent, Binding.

Bituminous, of the Nature of Pitch.

Balbus, Round Rooted.

Calefe, to heat.

Capillary, Hairy.

Gardiack, Cordial.

Caries, Rottenness.

Carminative, expelling Wind.

Cataplasm, A Poultice.

Cephalick, proper for the Head.

Cholera, A pleasant Evacuation of Choler upward and downward.

Compress, A Linen Cloth often folded; a Bolster; also a Chirurgick Instrument.

Concreted, Thickened, *Consolidates*, makes sound or whole.

Corroborate, to Strengthen.

Cosmetick, Beautifying.

Diabetes, A vast Evacuation of Urin.

Diaphoretick, Sweating.

Decant, to pour gently off, and leave the settling behind.

Decoction, a boiling of the Liquor to any thing.

Digest, to Dissolve.

Dilate, to open wide.

Dilated, made thin.

Discuss, drive away.

Detergent, cleansing.

Deterfive, cleansing.

Diuretick, force Urine.

Ebullition, boiling.

Effusion, shedding.

Emollient, softening.

Empyema, a Collection of Matter in the Breast.

Epatick, proper to the Liver.

Eplithem, an outward Application to the Stomach, Heart, or Liver.

Erosion, a Gnawing.

Ervhine, a Medicine drawn up the Nostrils.

Excrescent, growing up.

Exhilarate, to make merry.

Expectorate, to bring up the Matter from the Lungs.

Fibres, Strings.

Filtrate, to strain through a Paper.

Faces, Dreggs.

Frontals, an Application to the Forehead.

Fungous, any thing spongy.

Humect, to moisten.

Hysserick, Vaporous.

Incarner, Breeds Flesh.

Indurate, to wash hard.

Inspissated, thickened.

Lentive, mild or gentle.

Levigate, to make smooth.

Ligature, a binding of Linen-Cloth.

Linfus, a Medicine for the Lungs.

Lithonriptick, a breaking the Stone.

Lotion, a particular Bath.

Lubricating, Smoothing.

Luxations, Members out of Joint.

Membranous, Fibrous.

Millepeder, Hog-lice.

Mucilaginous, Slimy.

Narcotick, occasioning Sleep.

Nephritick, belonging to the Reins.

Nerve, a porous substance.

Oblong, longer than Broad.

Obuse, Blunt.

Oedematous, Plegmatick.

Palpitation, a Beating of the Heart.

Paralytick, subject to Palsie,

Paregorick, disposing to Sleep,

Perennial, lasting.

Pulmonick, proper for the Lungs.

Refrigerate, to cool.

Repercuss, to beat back.

Repress, to beat down.

Resinous, of the nature of Rosin.

Rupture, a Burstiness of the Belly.

Scirrhus, a hard Tumour.

Sextiary, somewhat above a pint.

Siccity, Driness.

Soporifick, gives Rest.

Specifick, a particular Remedy for some peculiar Distemper.

Splenetic, proper for Spleen.

Spontaneously freely of its own accord.

Stagnating, standing still.

Stomachick, proper for the Stomach.

Styptick, Astringent.

Sublimated, raised to the Neck of a Vessel.

Succulent, Juicy.

Sudorifick procuring Sweat.

Suppurating, bringing to Matter.

Tablets little pieces cut out like Lozenges.

Thoracic, proper for the Breast.

Torification, Roasting.

Tumour, a Swelling.

Vegetable, an Herb.

Vehicle, some proper Water to take a Powder. or the like in.

Viscous, slimy, rough, clammy.

Uterine, proper for the Womb.

Vulnerary, a Drink for healing Wounds.

Terms of Carving: Leach that Brawn. Break that Deer. Lift that Swan. Break that Goose. Sauce that Capon. Spoil that Hen. Frust that Chicken. Unbrace that Mallard. Unlace that Coney. Dismember that Hern. Disfigure that Peacock. Display that Crane. Untach that Curlew. Unjoint that Bittern. Alloy that Heafant. Wing that Quail. Mince that Plover. Wing that Partridge. Thigh that Pigeon. Border that Pasty. Thigh that Woodcock: And the Word in Carving proper to all manner of Small Birds is to Thigh them.

To Dismember a Hern: Having taken off both the Legs, lace it down the Breast with your Knife, and raise up the Flesh; then take it quite off with the Pinnion. and so stick the Head in the Breast, and set the Pinnions on the contrary side of the Carcass, and the Legs on the other side, so that the Ends of the Bones may meet across over it, and the

other Wings cross over the top of it.

To Unbrace a Mallard, Is, to raise up the Pinnion and Leg; but not to take them off; then raise the Merry-thought, and lace it down on either side the Breast with your Knife, bending it to and fro.

To Sauce a Capon: Life up the Right Leg and Wing, and so array forth, and lay him in the Dish as if he were to fly.

To Alloy a Pheasant: Raise the Leg and Wings as it were a Hen, and put no Sauce but Salt.

To Wing a Partridge: Raise his Legs and Wings, and if you mince him, sauce him with Wine, Powder of Ginger, and Salt, and so setting him on a Chafing Dish of Coals to warm, serve him up.

To Wing a Quail: Raise his Legs, and Sauce it with Salt.

To Display a Crane: Unfold the Legs; and cut off the Wings by the Joints, then take up the Wings and Legs and Sauce them with Powder of Ginger, Mustard, Vinegar, and Salt.

To Dismember a Hern: Raise the Legs and Wings, and Sauce him with Mustard, Vinegar, Powder of Ginger, and Salt.

To Unjoint a Bittern: Raise the Legs and Wings, and Sauce it with Salt only.

To Untach a Curlew: Raise the Legs and Wings as a Hen, and put nothing but Salt to it.

To Unlace a Coney: Lay it on the Back, and cut away the Vents, then raise the Wings and the Sides, and lay the Bulk and the Chine together; Sauce them with Vinegar and Poulder of Ginger.

To Mince a Plover; Raise the Legs and Wings, and put on-ly Salt.

To Thigh a Woodcock: Raise his Legs, and dight his Brains; but in the ordering of a Snite you must raise the Legs, Wings, and Shoulders: And so in the Case of other sort of Small Fowl. But as to some Larger, take the following Directions.

Swan to Lift: Slit her downright in the middle of the breast, and so clean through the Back from the Neck to the Rump, and cleanly and handsomely part her in two halves. that you break not, nor tear the Meat: Lay the two halves with the slit side downward in a fair Charger; throw Salt about it, and let your Sauce be Chaldron, served in a Saucer.

To Rear a Goose; Break the Goose contrary to the former way, viz. Take off her Legs very fair from the Body, cut off the Belly-piece round and close to the lower end of the Breast, lace her down with your Knife on each side, your Thumb's breadth from the Bone, in the middle of the Breast; then take off the Pinnion on each side, and the

Flesh which you have first laced, raise it quite up from the Bone, and take it from the Carcase with the Pinnion; then cut up the Bone which lyes before in the Breast, called the Merry-thought, the Skin and the Flesh being upon it; then cut from the Breast another slice of Flesh quite through; take from the Bone, and turn the Carcase, and cut it asunder, the Back-bone above the Loins, and take the Rumps bone-end, and lay it in the Dish with the Skinny side upwards, lay it at the fore end of the Merry-thought with the Skinny side upwards, and before that the Apron of the Goose; then lay your Pinnions on each side contrary, and in like manner place the Legs behind them, that the bone-end of the Legs may stand up cross in the middle of the Dish, and the Wing-Pinnions on the out-side of them: put under the Wing Pinnions, on each side, the long slices of Flesh that you took from the Breast-bone, and let them meet under the Leg-bones, and let the other ends lye cut in the Dish between the Legs and the Pinnions: pour your Sauce of Mustard, Apples, and Sugar, well mixed, under the Dish, and sprinkling on Salt, you may serve it up with Gravy Sauce, or what others you are furnished with all in the foregoing Treatise.

To cut up a Turkey or Bustard: Raise the Legs up very fair, and open the Joint with the Point of your Knife, but take them not off: then lace the Breast down on both sides, and open the Breast-Pinnion, but take it not off; then raise the Merry-thought between the Breast-bone and the top of it: then face the Flesh on both sides the Breast-bone, and raising up the Flesh called the Brawn, turn it outward on both sides, but break it not, nor take it off: cut off the Wing-Pinnions at the Joints next the Body, and stick on each side the Pinnion where the Brawn was turned out; but cut off the sharp end of the Pinnion, and take the middle piece that will just fit the Place.

This way you may Carve up a Capon, or Pheasant; but in the Capon cut not off the Pinnion: but in the place where you put the Pinnion of your Turkey or Bustard, you must put the Gizzard of your Turkey, on each side half.

Terms to Proboke: Take for three Mornings together, about the expell'd time of the Menfes, a dram, or a dram and a half of the Galls and Livers of Eels dried and reduced to Powder, in a Glass of White-wine or Canary.

Cetter: To cure this, Take black Soap, a quarter of an ounce, Bole-armoniack two drams, Oil of Turpentine

three drams, Bees-wax half an ounce, and Bears-grease one ounce: make these up into an Ointment, or thin Plaister, and apply it to the Place, renewing it every Day, and a speedy Cure will ensue. This also breaks the Whitloe, and is excellent against Scalds or Burns.

Or, Take fair Water a quart, white Vitriol, Roch-Alom, of each an ounce: mix and dissolve, and with this Water wash the Tetters, two, three, or four times a Day, for a quarter of an Hour, at a time, as but as it can be endured: In ten Days time it will perfectly cure it, though it has been of twenty Years standing.

Tetters to kill: Take of burnt Alom, Ginger, and Flower of Brimstone, of each a like quantity: mix them well and incorporate them with fresh Butter, so much as when melted will bring them into the consistence of an Unguent; and with it anoint the Part afflicted, as hot as can be well endured, when you are going to Bed, and let it continue on all Night; and when you rise wash it off with Celandine-water: but upon going to Bed take a little Galcoign-powder in a spoonful or two of Treacle-water to prevent the Humours being driven into the Mass of Blood, which oftentimes happens when this is not on, but ching the Place with Celandine-water.

Thozom-may: The Decoction of this Herb in Wine or the Leaves powdered, are applied successfully in Ruptures and Contusions. Some hold it is a proper Remedy for the King's Evil, also Fra-
 ctures, and an Erysipelas.

Thorn-Apple: An Ointment made of the Juice of the Leaves, and Hogs lard, is excellent for Burns and Scalds.

The Seed is to be avoided, because taken for a time it occasions Madness.

Throat-Sore: Take Verjuice of Grapes an ounce, best Honey half an ounce, crude Alom about a dram and a half: make these into a thinnes, and with a fine Rag at the end of a small Stick, or Wyre, thrust it as far as is convenient into your Throat where the Sore is, and bathe the Place grieved with it. Do this often and between every two times make a gargling with some Plantane and Rose-water.

Throat-wort: This Plant, especially the Root, is astringent, and drying and therefore the Decoction is excellent at the beginning of Ulcers and Inflammations of the Mouth and Tonsils, and for other Diseases that require astringent Remedies.

Thrush: This is usually incident among Children, and frequently proves very dangerous: wherefore to Remedy it, Take Juice of red Sage, two ounces, as much A-

lom beaten as the bigness of a small Hazle-nut, and half a spoonful of Honey, which when the Juice begins to wast, put in, so let it boile a little; and having cooled it, rub the Party's Mouth with a little of it, washing it afterward with the Juice of Sage.

Thyme: (here I mean the wild sort) It is hot and dry, and consequently forces the Courses and Urin. It is cephalick, Uterine, and Stomachick, and therefore good against Spitting of Blood, Gripes, and Convulsions, &c. Outwardly applied, it eases the Pains of the Head and Giddiness and disposes to Sleep.

Thyme Garden, its Vertues: These are very great, as will appear to any one that does but observe. That it provoketh Urine; it doth heat, and being taken in Drink, doth purge the Internals, and expectorates all nauseous and ill Humours of the Lungs by Spitting: four drams of Thyme dried and reduced to Powder, being taken fasting in a Glass of Canary by often repeating, eases the Pains of the Gout; for it gently purges Choler and other sharp Humours: It is good also for Diseases in the Bladder; and a dram being taken in an ounce of Water and Honey, is good for such as have their Bellies begin to swell, for the Sciatica, and Pains in the Reins, Sides, and Breast; for Inflammations and Stitches

Stitches about the fore-part of the Belly; for Melancholy Persons, and for those that are troubled in Mind and much given to Frights and Fears upon slight occasions, if three drams be taken in an ounce of Honey and Vinegar well tempered together: it is also profitable against the Inflammations of the Eyes and the vehement Pains thereof, and much revives the Sight. There is an Oil extracted from it of the colour of Gold, which cometh forth with a Water, when the Herb being fresh and green is distilled in a Bath of hot Water. This Oil smells like a Citron, and is very tart in taste: its Vertues are to heat all cold Parts; but by the way note, That for what has been mentioned, Black Thyme must not be chosen; for it corrupteth the Temperature, and engendreth Choler; and therefore it must be that which bears a carnation Flower, or that which beareth a white one.

Tickling Rheum: This is caused by defluxions of Rheum, and is often very troublesome. To remove it. Take Olibanum and Venice-Treacle, of each a like quantity; incorporate them well, and make them up into little Pills, and let the Party take a dram of them; and if need require it, a scruple or two once or twice a Day.

Every Night going to Bed let the Sick take from two to six Grains of my Volatile Laudanum; and every Morning fasting this mixture: Take choice Tent or Alicant six ounces: Tincture of Catechu made with Brandy, a spoonful and half: mix for a draught; if these things be continued for some time, they will not fail of doing the Cure.

Tincture of Amber: Reduce five or six ounces of yellow Amber into an impalpable Powder, put it into a Bolt Head, and on it pour Spirit of Wine the height of four Fingers, and stop the Head with another to make a double Vessel; and when you have exactly luted the Juntures with a Skin or wetted Bladder, place it in Digestion in hot Sand, and leave it first or six days till the Spirit of Wine is sufficiently tinged with the Amber colour, then decant the Tincture, and put more Spirit of Wine to the Matter, and so digest it as before; then having separated the Impregnation, mix it with the other, and filter them, and so put them into an Alembick, and distil them with a soft Fire about half the Spirit of Wine, which might before serve, may do in this last. Keep the Tincture which you find remaining at the bottom of the Alembick close stopp'd up.

You may take ten drops of this in some convenient Liquor for the poplexy, Palsie, or Epilepsy; and it is much commended

recommended for the helping Women in most Distempers of the Head, or Affliction of the Brain.

Tinctura Sacra: Take of the Species of *Hiera Picra* one ounce, Canary a pint: infuse the former in the latter in some cool place the space of seven Days, shaking it two or three times a Day and then let it stand till the Wine looks clear.

This wonderfully cleanses and strengthens the Stomach, is good for the Jaundice, Dropsie, ill Habit of Body, and for opening Obstructions in the Liver, and Spleen. Three Spoonfuls may be taken at a time, or more or less, according to the Age and Strength of the Party afflicted.

Tincture of Saffron: Digest in two quarts of our *Aqua Bezarica*, two ounces of Saffron for the space of six Days: then the Tincture being strained out, keep it close stopp'd for use. You may take of this half an ounce at a time in a glass of Wine, or any other convenient Liquor.

This is wonderfully efficacious in cheering and comforting the Heart, concocting the crude Humours of the Breast, helps the Jaundice, and is good against the Infection of the Plague, and is of singular validity in driving out the Small-pox, but in that case you must be wary in taking too much of it, for fear of inflaming the Blood.

Toasts, or Balls, &c. Fried: Take a boiled or raw Pike, mince it and stamp

it into some old fat Cheese grated into it, season it with Cinnamon, Sugar, and boiled Currans, add the Yolks of hard Eggs grated; and these being all well mingled together, you may make them up into Toasts, Balls, Pastils, or any such little things, as you please; and frying them with sweet Butter, and grated Nutmeg, they will taste wonderfull pleasant: but the chief use they were devised and intended for, was to lay about the Dish, or under sundry sorts of fried Meats, the better to set them off, though they eat very curiously.

Tobacco: Though many are ignorant of any use of this Plant than in smoaking, it has nevertheless many other ways of singular Virtue, viz. It resists Putrefaction, provokes sneezing; the smoaking of it stops Catarrhs, and disposes to rest, takes off Weariness, and suppresses the Fits of the Mother: It is a good Preservative in Plague times. A Gargarism of it cures the Tooth-ach, and dissolves the Tumour of the Uvula. A Bath of it, or the green Leaves applied, cure Leprosie, the Itch, kills Lice, and heals Wounds, cleanses Ulcers, and takes out the Fire of Scalds, or Burns. The Smoaking of it strengthens the Stomach, helps Concoction, and gently moves the Belly; but is not good to be taken, especially

ly to any excess, by those of a hot Constitution, because it dries up or evacuates too much moisture: It eases Pains in the Teeth, a hollow Tooth especially, being stop't with it, either as it is, or the Cinder of it not burnt to Ashes. And in case of the Palsie, take the green Leaves of Tobacco, and infuse them in old Mallaga, and rub the Parts afflicted with the liquid part after Sweating: this has been often tried with success. A Pipe lighted, and the Smoak forced up the Fundament, eases the Colick, or Pains of the Belly; it also cures the Fits of the Mother, and Faintings.

Tobacco Salve: To make an excellent Salve of Tobacco, Take the Juice of green English Tobacco one quart, Olive oil a pint, with as much Turpentine, Wax, and Verdigrease, as will thicken them over a gentle Fire to the consistence of a Plaster.

This is excellent for Cuts, Bruises, Burns, Scalds, Gunshot, and to be applied to the Place which any venomous Creature has bit or stung.

Tongues of Deer, Calves, or Sheep, Fryed: Boil your Tongues, and peel them, then cut them into thin slices, and put them in to the Yolks of six Eggs beaten with Nutmeg, Sugar, Salt and Cinnamon, with a handful of Currans, a little Limon, cut in thin square pieces, let your Pan be just

ready, then put in the Ingredients into the Pan by Spoonfuls, being fryed (but have a care of Binning) serve them on Sippets with Sauce made of Sack, sweet Butter and Sugar, serve it hot scraping in Sugar.

Tongue-Dye: In the first place, Take a Neat's-tongue well boiled, blanch it and cut it in thin slices, as also some interlarded Bacon, and lay a laying of the Bacon between every Laying of the Tongue; but let the Bacon be cut much thinner and lesser in quantity: then take half an ounce of Pepper, two large Nutmegs, and three Anchovies, forbearing to sprinkle any Salt: after this make a Leer with half a pint of Claret-wine, and some Gravy, the Yolks of three Eggs, a piece of Butter, and grated Nutmeg, boil them up to a considerable thickness: then when the Pye is to be served up, put it in with a Funnel at the Pipe, or open Place left for that Purpose. And by this method you may order and season a Hare-pye to the best Advantage to please the Palate.

Tooth-Ach: To ease the violent Pain of the Teeth, with which old and young are too frequently afflicted, Take two parts of Lisbon-Sugar, and one part of black round Pepper, make them into fine Powder, and put them into a Spoon over two or three well

well kind'd Coals; and when the Sugar begins to relent, take off the Spoon, and whilst the Mixture is soft, form it into little grains, the size to shape the hollowness of your Tooth, and stop it in as close as may be; and so renew it as you find the first waste.

Tooth-Ach: Take the quantity of a Bean of Camphire dissolve it in as little as may be of Aqua vitæ, in a small Glass Viol, upon hot Cinders; then touch the Tooth with a little Tent of Cotton, or Linen, and if it be hollow, leave the Cotton or Linen moistned in the Tooth.

Another: Take Henbane-seed and Hyssop-seed, bruise them very small; then put as much Sweets-Tar as will fix them together. to make them up into little Pellets, and stop these into the hollowness of the Tooth, tyed up in a little fine Rag.

Another: Take Ginger, beat it fine, and sow it up in a fine Rag, more long than broad; then soak it in the Spirit of Wine, lay it to the Root of your Tooth, and though by its Heat it may at first cause the Nerve of the Tooth to rave a little; yet in a short time, being often dipt and applied, it will altogether take away the Pain. Or, for want of this, take what follows, viz.

Seeth clarified Honey one ounce in two ounces of Rose-

mary-water, or Hyssop-water; and taking off the Scum that will arise put in the fine Dust of Pepper, let it consume till a blackness ensue, and it thickens; then dip into it a Sage-Leaf, whilst it is hot, and lay to the Tooth, and the Pain will presently abate.

If the Tooth is not hollow you must take two, three, or four grains of our Volatile Laudanum every Night going to Bed: and in the Day time (if the Pain is extream) you must hold this mixture in your Mouth. Take of our Gutta Vita two drams, Sherry-Sack four spoonfuls, mix them, which use at several times; but if the Tooth is hollow: take of our Volatile Laudanum ten grains, Scio Turpentine four grains, mix and incorporate it with Lint, which thrust into the hollowness of the Tooth to the bottom; but the best and infallible way is to burn the Nerve at the Root of the Tooth, with a red hot Knitting-needle, after this Operation, I never observed the Pain to return anymore.

Tooth not Hollow: If there be no hollowness in the Tooth, or visible defect, and yet it akes, Take the Root of black Hellebore, commonly called Bear's-foot, scrape off the Rind, and cut a pretty slice, and lay it to the Tooth between your Gums, and the inside of your Cheek, avoiding the Rheum that it will occasion; and so renew it with a fresh piece.

Tooth

Tooth-Moist: The greater sort of this is excellent for Ruptures and inward Wounds, and for Diseases rising from Defluxions, by taking two drams of the Pouder in Broth successively for several Days. It likewise eases Pains and Aches in several Parts of the Body.

Tormentil: This is drying, and very astringent, and therefore is very powerful in the Fluxes of the Belly and Womb; and being mixed with vulnerary precious Ointments and Plaisters, it festinates the Cure of Wounds, old Sores, and Ulcers. From half to a whole dram of this, taken in Wine, is greatly commended for curing an Epidemick Dysentery; Rhubarb being used before, if occasion require it.

Treacle, Remedy for Agues: Take of Venice, or London-Treacle half an ounce, put it into about four ounces of White-wine: then put it into a Vessel close covered, and let it simmer for half an hour over the Fire, but not boil, stirring or rather shaking it sometimes about, and take it pretty hot about two Hours before the Fit comes on, and let the Party keep close in a warm Bed, in order to sweat; and repeat this two or three times.

This was experienced by the famous Sir Kenelm Digby, and by him ordered to be given to

divers Persons; which was rarely given without Success.

Treacle-Spirit: To make this, Take the Roots of Master-wort, Angelica, Spignel, and the bigger Valerian, of each three ounces, Juniper-berries, and the Seeds of Bishop's-weed, and Sefeli of Marfeilles, of each an ounce; approved Treacle four ounces; The Roots and Seeds being bruised together, macerate them eight Days in two pints of rectified Spirit of Wine: then make your Distillation, and preserve the Spirit.

This Spirit resists very powerfully all sorts of Poisons: It may be taken in Spanish-Wine, or any Cordial Liquor, from one to four drams: It may be also apply'd to the Nostrils, Forehead, Temples, and Sutures of the Skull, for Head-achs. Fainting Fits, or Drowsiness of the Brain.

Treacle-Water: This is the most Excellent sort of all. To make it, Take the Roots of Gentian, Angelica, Master-wort, Valerian, and Contrayerva, of each two ounces, Citron-rinds, and Orange-peels, Cinnamon, Cloves, and Juniper-berries, of each an ounce; Tops of Water-Germander, Rue, and St. John's-wort, of each one handful: infuse them three Days in Spirit of Wine, and Waters of Nuts, and Carduus Benedictus, of each a quart: then add four ounces of approved Treacle; distill the whole in a Sand-bath, and keep the

the Water close stopped for use.

This is an excellent Water to resist Poison, and to fortifie all the noble Parts, being taken from one dram to half an ounce. Some make a Treacle-water, by dissolving the Treacle in equal parts of Spirit of Wine and Vinegar, using it without any Distillation; but Reason and Experience tells us this is far more Excellent.

Tre-foll, or Buckebane : The Decoction of it in White-wine is good against the Scurvy, as also for Pains in the Limbs. The Leaves boiled in Beer, and taken hot, ease Pains in the Bowels; but being bitter, it is best taken in any lenitive Syrup.

Trembling, a Remedy : If the Members tremble and shake, that you cannot at certain times hold them still, though no cause of Fear, Danger, or Defect, is evident to cause it, anoint the Crown of the Head, the Hair being shaven off, and the other Parts especially where you find the Trepidation, with Powers of Lavender, and drink two drams of the Water that is made of Man, or Swines Blood, brought to putrefaction, with Aqua vite, or Spirit of Wine, and afterward distilled: and this must be frequently repeated for a Month's space.

Troches Dentol : Take of white Sugar a pound, white Sugar-candy, and Penids, of each four ounces; of the

Roots of Florentine-orris half an ounce, white Starch an ounce and half, Licorice six drams, with a convenient quantity of the Mucilage of Tragacanth extracted in Rose-water: make the Materials into Troches, that they may be perfumed, as occasion requires it, with four grains of Ambergrease, and three of Musk.

These are Excellent for Coughs, and Catarrhs in Winter, and for the preventing taking Cold in such whose occasions constrain them to Travel in damp and foggy Airs.

Trochises Oboisterous : Take the Ponder of green Willow-coals three ounces; Labdantum two ounces, Storax and Benjamin, of each half an ounce; Mastick, sweet Tacamahacca, and yellow Amber, of each two drams; Lignum Rhodium a dram and half: make them up with the Mucilage of Gum-Tragacanth extracted with Rose-water, and dry them in the Shade.

This is an excellent Perfume for Chambers and Rooms of Entertainment, as likewise to drive away ill Airs, and bad Scents.

Trochises, another Way : Take the Coals and Alhes of Rosemary, beat small, and sifted finely, four ounces; Labdantum two ounces, Storax and Benjamin, of each an ounce; Roots of Cyprus, Aromatick, red Mastick, and Amber of each two drams; Cloves one dram,

dram, Musk, Civet, and Ambergrease ten grains, the Mucilage of Gum-Tragacanth, extracted with Orange-flower-water, as much as will make them up, and suffer them to dry as the former.

These give an excellent Odour, and are very wholesome to the Brain, and drive away offensive Vermin and Insects, being burnt on Coals.

Trotter, Dye : This is done with Wardens, Quinces, Pears, &c. and you may either take them severally, or altogether quartered, or sliced raw; if in quarters, put some whole ones among them; if sliced, beaten Spices, and a little Butter, and Sugar, taking to every twelve large Quinces a pound of Sugar, and a quarter of a pound of Butter, close it up and bake it; and when it is well baked mash the Fruit; then put in some Cream, and Yolks of Eggs well beaten, and stir them all together: then cut the Cover into five or six pieces, Diamond fashion; put in a little Rosewater, and scrape Sugar over it.

Trouths to Stew : Take three or four Trouths, or more, according to their bigness, and put them in a Dish with some, what more than a quarter of a pint of Sack, or instead thereof, Whitewine, with a quarter of a pound of Butter, a little whole Mace, some Parsley, a little Winter-savory, and Thyme, minced all toge-

ther; which done, put them to the Trouths; let these stew about a quarter of an Hour; then take the Yolk of a hard Egg, and mince it small, stewing your Trouths therewith; then dish up, pour the Herbs and Liquor all over them, scraping Loaf-sugar thereon, and serve them very hot to the Table.

Tumour in the Eye : This is otherways called a Phlyctena, or a little Tumour in the carnea Tunicle of it. To remove it, Take the Ointment of Mucilages, and dress the Eye with it for some time to ripen the Tumour; then with a steady Hand open it with a Lancet, or Needle, and press out the offensive Matter; then cleanse and heal the Part with Honey dissolved in a little Sage-water.

Tumour of the Knee : Take a green Colwort-leaf, with red Veins, or Streaks, pare off the Ribs flat and almost level to the rest of the Leaf; then with the hilt of your Knife bruise it, and apply it to the Part affected, renewing it three or four times a Day. This also allays any Heat or Pain by other means; and draws gently, mostly evacuating the Humour by Sweat.

Tumour to Ripen : Take eight ounces of fat Figs, two ounces of white Lily-roots, two ounces of Bean-flour, (or Meal) boil them, the Figs and Roots being bruised, in as

much Water as will reduce them to the consistence of a good Poultis; which spread to a good thickness, and lay warm upon the Part, and shift it often till it becomes dry.

Tumours Sharp: Take Spring-water a gallon, put into it a good handful of dried Sage, let it boil till it be strong of it, at what time put in about two ounces of Spanish Cake-soap; and when it is dissolved, the Decoction is compleat: and with this, and Stuphes, foment the Part griev'd warm for a considerable time together. This is excellent good to allay and disperse all Tumours accompany'd with sharp and afflicting Humours.

Tumour in the Throat: To cure or remove this, which indeed is sometimes very dangerous: Take a quart of new Milk, put into it a handful of Mallow-leaves, and a like quantity of the Leaves of Nightshade: shredding them small, and let them boil till the Herbs be tender; then put to them an equal quantity of the Crumb of White-bread, so that being stirred with the other Ingredients, it may be reduced to the consistence of a Poultis, amongst which scrape a little Bole-armoniack fine in powder; and so spreading it on a Tray, lay it to the Throat warm as may be well endured, and as it cools and dries supply it with another.

Tumour in the Throat, another: To Remedy this dangerous Defect, gargarize your Mouth with Wine of Pomgranates, and Barley-water mingled together; also take Syrup of Poppies, and Syrup of Mulberries, of each a quarter of an ounce; Rose-water three ounces: mix them together, and not only gargarize your Mouth with it, but mixing a little Honey and Bole-armoniack with it, swallow as much as will lie on a Knife's-point Night and Morning, and it will allay the swelling, and ease the soreness.

Turbot-Boil'd: Draw the Fish, and wash it clean from the Blood and Slime, put it into boiling Water and Salt, and suffer it to boil very leisurely, keeping it scumming, and add more Salt in the boiling; and when the Water begins to shrink, add a little White-wine and Vinegar, Mace, Ginger, and two or three Cloves, with some Limon-peel; and when it is boiled and cold, put in a sliced Limon, or two, and take up the Fish, and keep it in an earthen Pan; with the Liquor it was boiled in, close covered. Your Liquor you boil it in, must never be but little more than will cover it; and the Fire must be gentle, over which it is boiled, for fear of breaking.

Turbot to Fry: Slice the Fish, then hack it with your Knife, and it will be ribbed, fry

fry it with Butter till it is near brown; then drain the Butter from it, and the Pan being made clean, put it in again with Claret, Ginger, and Nutmeg, sliced Anchove, Salt and Saffron beaten small, and so fry it till half the Liquid be consumed; then put in a piece of Butter, mix it well with the rest, and mince a Limon into it; then having rubbed the Dish with Onion, or Shalot, serve it up in what you last fry'd it in.

Turbot Baked: Wash and draw him, barb the Fins round, scorch him on both sides, season him well with sweet Herbs, Cloves, Mace, Nutmeg, Pepper and Salt on the under side, season him in the Scorches (in the upper side) only with Cloves, Mace, Nutmeg and Salt; then make your Coffin in the manner and form of a Turbut; dry him in your Oven, then take him forth and wash him in the inside with the Yolks of Eggs, and strow the bottom over with a minced Onion, and six Anchoves, then put in your Turbut, with the backside downwards and having some small forced Meat Balls of Fish, put round about by the sides, and put Oysters and the Refuse and Liver, all over him on the top, and the Yolks of six hard Eggs, with good store of Butter, and put him in the Oven, see that you supply him with Butter in the

baking: let the bottom of your Oven be very hot that he may boil up to the top; when he is baked, make your Lear with White-wine, Vinegar, Oyster Liquor; let it be hot, and beat it up with the Yolks of three or four Eggs, and put in your Turbut, shaking it together that it mingle with your Butter. put it in the Oven again for a little while, and then dish it up garnish it on the top with fry'd Oysters, and stick it all over with Toasts, made of White-bread, putting drawn Butter on the Top, thus serve it up.

Turbot Baked: Your Turbut being fin'd, and prepared, slash it on the white side with your Knife, season it with small Pepper and Salt, Nutmeg, Cloves, and Mace, your Coffin being made according to the proportion of the Turbut, put it in, lay on Butter, close and bake it.

Turbot to Sauce: Having boiled it, put it into Vinegar, Salt, and White-wine, with some of the Water it was boiled in; then add some Spices, as Cloves, Nutmeg, and Ginger, some Tops of Penil, and Bay-leaves, keeping it close covered.

If you would eat it hot when boiled, pour on it some stewed Oysters, lay slices of Limon, and run it over with beaten Butter. place Sippers conveniently in the Dish, and

stick it over with fried Bread. Or serve it up with beaten Butter, sliced Limon, sweet Herbs boiled and minced, Onions and Barberries cut small.

Turdut to Steew: To do this the best way, Cut it in slices, and fry it; and being half fried, put it into a Stewpan, or convenient Dish, with Claret, grated Nutmeg, and three or four slices of an Orange, a little Verjuice, or Vinegar, and some sweet Butter; and when it is sufficiently stewed, dish it up, and run it over with beaten Butter, sliced Limon, or Orange and Limon-peel, and so serve it up.

Turkey-Cock: If he be young he hath a smooth blackish Leg, and a short Spur; if old, he hath a sharp Spur and a red Leg; if he be stale, he will be dry footed, and his Eyes will be sunk in his Head; but if he be new killed, his Eyes will stand firm in his Head as if he were alive.

Turkey-Hen: If she be old will have a red Leg, and rugged Grain, but if young a smooth Grain, and if she is full of Eggs, she is soft and open vented; if hard vented, not full of Eggs.

Turkey-Pye: For this, to season it well, you must take half an ounce of Cloves, finely beaten, with a little Mace, Pepper beaten one ounce, Nutmegs sliced thin, or scraped one ounce and half, a quar-

ter of an ounce of whole Mace; then put four pound of Butter in the Pye, mix more Salt than Pepper, and forget not to put two pound of Butter to every peck of Flour: And in this manner you may season and order a Goose-pye.

Turkey Roasted: Draw the Fowl, and take sweet Herbs, and shred them, and put them into a Linen Bag with Butter and Spices, and so put it into the Belly; then baste it as it is turning on the Spit with hot Water, till it is as it were parboiled; and drying it with a fine Cloath baste it with Butter, and dridge it over with a very few Crumbs of Bread and grated Ginger: and when it is roasted, serve it up with Anchovy sauce, small Herbs minced, and the Juice of Limon; garnishing it with Limon-peel, Tops of Hyssop, or Winter-savory.

Turkey Souced: Take one or two fat Turkeys when they are well dressed, take out the Bones, and tye up the Flesh in the manner of a Surgeon, put into your Vessel two quarts of White-wine, one of Water, and one of good Vinegar: make it boil, and pretty well season it with Salt, then put in the Flesh, and let it boil till it be very tender; and when it is sufficiently boiled, Take it out, and taste the Liquor; and if it be wanting in sharpness, put more Vinegar, and when it has boiled a little,

put

put it into an earthen Pot; and when cold put in the Liquor it boiled in, quite covering it; so suffer it to remain three Weeks, or a Month: then serve it up as you do Sturgeon, with Elder, and Vinegar, and garnished with Fenil. Thus you may pickle a Capon, only then you must lard it with great Lardings before.

Turnip-Bread: Take about half a Bushel of the middling sort of Turnips, not sticky, but such as will boil soft; being pared and boiled, press out the Water very hard till they are quite dry, beat them then in a Mortar, and mix with the Pulp about two pound of fine Wheat-flour, and two ounces of Carraway-seeds; put in a pint or somewhat more of new Ale-Yeast, mould it up as other Bread, and let it be well soaked, and it will not only look but taste like Bread. This is not only made for saving Charges in poor Families in a dear Year, but of late has been much in esteem for Consumptions, and those troubled with shortness of Breath and Pilsick; being very wholesome and nourishing.

Turnip-Tops Pickled: Let them be young, and cut off the withered Leaves or Branches; when your Water boils put them therein; let them lie till they are pretty tender, then drain them from the Water let them stand till they are cold, then pickle them in White-wine-Vinegar, and Salt.

Turpentine Plaster: Take four ounces of the best Turpentine, two of Bees-wax, one of Honey, a quarter of an ounce of Verdigrise, Deers-Suet two ounces, Oil-Olive two ounces: make these into a Plaster over a gentle Fire, by well stirring and mixing together.

This is exceeding good to draw Swellings to a Head, ease cold Pains, Aches, or Numbness of the Joints; to draw out Thorns, Splinters, rusty Iron, broken pieces of Swords or Gun-shot; and is a very singular Drawing Plaster on all Occasions, where the Humours are stubborn.

Tutsan: This stays Bleeding: the bruised Herb or Juice applied, stays spitting of Blood, or hinders the Blood from flowing inwardly: the Juice being drank with a little Cinnamon-water and the Spirit of Wine.

V A

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Urticaria: Half a spoonful of the Powder of the Root of this Herb before the Stalk springs, taken in Wine, Waters, or Milk once or twice, helps those that are troubled with the Falling-sickness: The Leaves bruised are usually applied with success to slight Wounds, and have a power, when decocted in any convenient Liquor, to purge upwards and downwards, and give if the Party be careful of himself, fine gentle breathing Swears.

Marlettes, in a Bill of Fare, of such things as are in season for every Month in the Year, viz.

J A N U A R Y.

Brawn and Mustard. Boiled Capons in stewed Broth, or white Broth. Two Turkeys in Staffalado. A Hash of twelve Partridges, and a Shoulder of Mutton. Two Bran Geese boiled. A Farced boild Meat with Snites or Ducks. A Marrow Pudding baked. A Surloin of Roast-Beef. Minced-Pyes, ten in a Dish, or any other Number as you please. A Loin of Veal. A Venison Pasty. A Roasted Pig. Two Roasted Geese.

Two Capons, one larded; and Custards.

Second Course.

Oranges and Limons. A Side of Lamb roasted. A fouced Pig. Two Couple of Rabbits, one Couple larded. A Duck and Mallard, one larded. Six Teals, three larded. Six Woodcocks, three Larded. A Warden-Pye, or Dish of Quails. Dried Neats-Tongues. Six Pigeons three larded. A fouced Capon. Pickled Mushrooms. Pickled Oysters and Anchoves in a Dish. Twelve Snites, six larded. An Oran-gado Pye, or a Tart Royal, of dried and wet Suckets. Sturgeon. A Turkey, or Goose-Pye. Jellies of five or six sorts. Lay Tarts of divers Colours. A Plate of Sweet-Meats.

F E B R U A R Y.

Collops and Eggs. Brawn and Mustard. Four Rabbits hashed. A Grand Pricasie. A Grand Sallad, and a Chine of roast Pork.

Second Course.

A Lamb roasted whole. Three Widgeons. A Pippin-Pye. A Jole of Sturgeon. A Bacon-Tart. A cold Turkey-Pye. Jellies, and a Tart-Royal.

M A R C H.

V A

V A

M A R C H.

Brawn and Mustard. A fresh Neats-Tongue and Under in Staffalado. Three Ducks in Staffalado. A roasted Loin of Pork. A Venison-Pasty. A Steak-Pye.

Second Course.

A Side of Lamb. Six Teal, three larded. A Lamb-stone-Pye. Two Hundred of Asparagus. A Warden-Pye. Marinated Flounders. Jellies, Ginger-bread, and Tarts-Royal.

A P R I L.

A Bisket. Cold Lamb. A roasted Haunch of Venison. A Goslin. A Turkey. Chicken, Custards and Almonds.

Second Course.

A Side of Lamb in Joints. Eight Turtle-Doves. A cold Neats-Tongue Pye. Eight Pigeons, four of them larded. Lobsters, and a Collar of Beef Tansies.

M A Y

Scotch Pottage, or Skink. Scotch Collops of Mutton. A Loin of Veal. An Olive, or Pallate-Pye. Three Capons, one of them larded. Custards.

Second Course.

A Lamb whole. A Tart-Royal, or Quince-Pye. A Gammon of Bacon Pye. A Jole of Sturgeon. An Artichoke-Pye hot, and Bolonia Sausages Tansies.

J U N E.

A Shoulder of Mutton hash'd. A Chine of Beef. A Venison-Pasty cold. A cold

Hash. A Leg of Mutton roasted. Four Turkeys, Chickens, and a Steak-Pye.

Second Course.

A Jane, or Kid. Rabbits. Shovelers. A Sweet-bread-Pye. Olives, or Pewits. Pigeons.

J U L Y.

Muskmelons. Pottage. Boiled Pigeons. A Hash of Caponets. A Grand Sallad. A Fawn. A Custard.

Second Course.

French Beans, or Green Pease. Four Gulls, two Larded. A Codling-Tart, green. Portugal Eggs of both sorts. Selfey-Cockles broiled.

A U G U S T.

Scotch Collops of Veal. A boiled Breast of Mutton. A Pricasie of Pigeons. A stewed Calf's Head. Four Goslins. Four Caponets.

Second Course.

Twelve Dottrels, six of them larded. Tarts-Royal of Fruit. Wheat-Eais. A Heath-Pout-Pye. Marinated Smelts, a Gammon of Bacon, and Selfey-Cockles.

S E P T E M B E R.

An Olio. A Breast of Veal in Staffalado. Twelve Partridges hash'd. A Grand Sallad. A Chaddern-Pye, and Custards.

Second Course.

Rabbits. Two Hens, one larded. A Florentine of Tongues. Eight Pigeons roasted, four of them larded. Four Pheasants. Pouts, two larded. A cold Hare Pye. Selfey-Cockles broiled.

A a 4

O C T O B E R.

O C T O B E R.

Boiled Duck. A Hash of a Loin of Veal. Roast Veal. Two Bran Geese. A Tart-Royal. Custards.

Second Course.

Pheasant. Pours, and Pigeons. Twelve Knots, a Potato-Pye. A Turbut, and Selsey-Cockles.

N O V E M B E R.

A Shoulder of Mutton stuffed with Oysters. A Loin of Veal, a Roasted Goose, and a Venison-Pasty.

Second Course.

A Larded Hern and one not larded. A souced Turbut. Two Pheasants, one larded. A Collar of Beef. A souced Mullet, and Basse. Jellies and Tarts of Fruit in season.

D E C E M B E R.

Stewed Broth of Mutton and Marrow-Bones. A Lamb's-Head, and White Broth. A Chine of Roast Beef. Minced-Pyes. A Turkey stuck with Cloves. Two roasted Capons, one larded.

Second Course.

A young Kid, or Lamb, roasted. A Dish of Partridges. Bolonia-Sausages. A Dish of Anchovies, garnished with Mushrooms, and pickled Barberries. A Dish of Caveer, and pickled Oysters. A Quince-Pye. A Dish of Woodcocks. And at *Christmas*, Plumb-pottage and Minced Pyes.

Udders Baked : To do this the *Italian* way, Boil the

Udder of a Heiffer tender; then let it stand till it cools, cut it into small square peeces like Dice, season them with Cloves, Mace, Ginger, Cinnamon, Salt, Pistaches, or the Kernels of Pine-Apples, Dates, and slices of Marrow; then put them into the raised Past of a Pye, not making it above an Inch high, like a Custard, and of a Custard-past, prick it and dry it in an Oven, and put in the Materials before-mentioned, and to them some Custard-stuff made of Cream, and Eggs, Salt, Rose-water, and a little dissolved Musk: bake and stick it with the slices of Dates, candied Pistaches, and scrape fine Sugar on it,

Udder-Pye, another way: Lard a young Udder with great Lard. season it with Nutmeg, Cloves, Pepper, and Mace; and when it is boiled tender, and when it is cool, wrap it in a Collar of Veal, having seasoned it again with the Spices and a little Salt, lay some slices of Veal in the bottom of the Cossin of your Pye, and place the Udder on them, the which cover with other slices of Veal, and for seasoning, put Lard and Butter, and close it up; and when it is sufficiently baked, liquor it with clarified Butter, if you design to use it cold; but if hot, put in Whiewine, Gravy, and Butter, well beaten up together.

Udder

Udder to Boil : Here I mean a Breast of Veal, a Joint unusually boiled. To do it, Make a Pudding of grated Manchet, minced Suet, and minced Veal, season it with Pepper, Nutmeg, and a little Salt, three or four Eggs, Cinnamon, Currans, Dates, Raisins, Cream, Sugar, and Pepper: mingle them well together, fill the skinny end of the Breast with them, prick it up, then put it in a Pan, or between two Dishes, and stew it with strong Broth, Gravy, Whiewine, some Marrow, sliced Dates, and a few Blades of Mace; run it over with Butter, Grapes, Limon-slices, and Barberries. Or thus :

Joint it well, and parboil it, put it into a deep Dish, or Stew pan, with some strong Broth and a bundle of sweet Herbs, some Mace, and slices of interlarded Bacon, some Capers, a few Cloves, and half a dozen Sprigs of Camphire, the Yolks of Eggs and Whiewine: stew these to a tenderness, and serve them up on fine carved Sippets.

Udder, the Chine to Broil : Cut the Chine in three or four pieces, and lard them with small Lard, season them with Salt, and broil them, laying under them some Sprigs of Rosemary, Bay-leaves, and Sage, dust them over with a little Flower; and being broiled, serve them up with Gravy, the Juice of Limon, and beat-

en Butter, as a commendable Dish.

Udder Collops to Fry, or **Smear :** Take a piece of Fillet of Veal, and cut it into thin Collops, and hack it with the back of your Knife, and lard them with Bacon very thick, then put them into your Pan, it being pretty hot, and fry them with clarified Butter very brown on both sides; and let them be so hastily done, that they may not be fried quite through; then having half a pint of Claret, and half a pint of Gravy, put it in your Pan (with four Anchovies, or three or four Onions, a little minced Thyme, and grated Nutmeg) amongst your burnt Butter: when it is boiled up, thicken it with the Yolk of an Egg, so dish up your Collops, and pour your Lear on the top: if your Pan be little, you may fry them at twice, and let them boil up after the same manner in your Stewing-dish: garnish them with Limon.

Udder, a Fillet of Shoulder to Roast with Farting Herbs : Take your Meat and wash it, and parboil it a little; then take Thyme, Parsley, and Winter-savory, of each a little minced small, put to them the Yolks of four hard Eggs minced, Nutmeg, Pepper, and Currans, and Salt, add also some Suet minced small; work all these with the Yolk of a raw Egg, and stuff your Meat with

with it, but save some and set it under the Meat while it doth roast: when your Meat is almost roasted enough, put to these in the Dish, a quarter of a pint of White wine-Vinegar, and some Sugar; when your Meat is ready, serve it in with Sauce, and strow on Salt.

Veal a Leg and Bacon Boiled: Take pretty big Lard, and with it lard your Veal all over, joining some Limon-peel to your Lard; then take a Middle-piece of Bacon, and boil the Veal therewith, when the Bacon is enough cut it into slices, and season it with Pepper, and dried Sage incorporated together; Dish up your Veal with your Bacon round it, and send up with it some Green-Sauce in Saucers, strowing over it Parsley, and Barberries: Your Green-Sauce must be made after this manner: Take two or three handfuls of Sorrel, beaten in a Mortar with two Pipplins quartered, after Paring add thereto a little Vinegar and Sugar, or take two handfuls of Sorrel beat it well in a Mortar, squeeze out the Juice of it, and put thereto a little Vinegar, Sugar, drawn Butter, and a grated Nutmeg, set it on the Coals till it be hot, then pour it on your Veal and Bacon.

Veal Forced divers ways:
(1) Mince some Veal with

Beef-suet, shred sweet Herbs small, then beat Cloves, Mace and Pepper, put in some Yolks of Eggs, grate in Bologna Sausages, and old Cheese, season it with Salt. (2.) Grated Cheese, Calves-brains, sweet Herbs, and Spices, Saffron, Eggs, Gooseberries, and Grapes. (3.) Raw Eggs, Marrow, Butter, sweet Herbs, Limon-peel shred small, Ginger, Cinnamon, and Sugar. And these may indifferently serve for Kid, Lamb, or Venison, that is to be forced or stuffed.

Veal, a Leg to Broil: Cut it round the Leg in Slices, or in rowls as thick as your Finger, and lard, or not lard them at your discretion, broil them softly on the Embers, beat up Butter, Gravy, the Juice of Oranges, and the Yolks of Eggs for Sauce.

Veal-Pasty: Take half a peck of fine Flour, and two pound of Butter, broken into little bits, one Egg, a little Salt, and as much cold Cream, or Milk as will make it into a Paste, when you have framed your Pasty, lay in a Breast of Veal boned, and seasoned with a little Pepper, and Salt, but first lay in Butter: when your Veal is laid in, put in some large Mace, and a Limon sliced thin, Rind and all, then cover it well with Butter, close it and bake it, and when you serve it in, cut

it up while it is very hot, put in some White-wine, Sugar, the Yolks of Eggs, and Butter, being first heated over the Fire together: this is very fine Meat.

Veal Pye to Season: Take an ounce of Cloves and Mace finely beaten, a quarter of an ounce of Pepper, and a quarter of an ounce of whole Mace, half a pound of Currans, and two ounces of Salt. These are sufficient to season a Loin of Veal, or any proportionable Joint fitting to be put into a Pye; there must be added likewise two pound of Butter. And this seasoning is very suitable for a quarter of Lamb, if it be put in Paste.

Veal Pye, in Summer: Take thin slices of a Fillet of Veal, then having your Pye ready and Butter in it, lay in your Veal seasoned with a little Nutmeg and Salt, so cover it with Butter, and close it and bake it, then against it be drawn, scald some Gooseberries or Grapes, in Sugar and Water as to Preserve, and when you open your Pye, put in pieces of Marrow boiled in White-wine, with a little Blade of Mace: then put these Gooseberries or Grapes over all, or else some hard Lettice, or Spinage.

Vein to Stop: In case a Vein be cut or broke, to stay the excess of Bleeding, Take Olibanum two ounces, Aloes

Hepatick one ounce, a little Wool of a Hare, the White of an Egg: mix these together, and dipping a Lintment into it of Flax, apply it cold to the Place, suffering it to stick on a Day or two; then if you see occasion, take it off with Oil of Roses.

Take Hungarian or Roman Vitriol one pound; Rhenish, Tartar, half a pound, beat them into Powder, mix and calcine to Whiteness: this Powder applyed, stops bleeding to a Miracle, and that upon the Spot. Some use it thus. Take of the former Powder four ounces, Saccharum Saturni, two ounces: Roch-A-lom in fine Powder one ounce: mix them, and apply it, as the former.

Veins Windy: To expel offensive Windiness that afflicts the Veins, Take the Powder of Licorice, Caraway-seeds, Sugar-candy beaten small, of each an equal quantity; to which put Rhubarb in Powder a third part, with a like quantity of Cream of Tartar in Powder. Take as much as will lye on the point of a Knife three or four times a Day as it is, or in a glass of Wine, and so continue to do for about seven Days.

This gently purges, very much cools the Blood, and by expelling the Wind eases Pains, and many Disorders that are occasioned by it.

Venetian Wash: Take the Whites of twelve Eggs, when

when indifferently hard boiled, and cut them very small, Endive small shred six ounces, Purslain-leaves a handful, Juniper, and Ivy-berries just gathered from the Tree, of each a good handful; Fern-roots four ounces, the inner Bark of Elder, and Barberry-tree, of each two ounces: bruise those well in a stone or wooden Mortar, and infuse them in two quarts of Rose and Bettony-water each a like, twenty four Hours; then draw them off in a cold Still, till the moisture be entirely extracted from the Herbs, and bottle up the Water, corking it close; and when you use it, put a little Flour of Sulphur in it, and shake it about.

This is highly commended as a great Beautifier in most Courts of Europe.

Venison Boil'd : Take a Haunch or other piece and set it a boiling (being powdered a little before) then boil up five Colly-Flowers, in strong Broth and some Milk: when they are boiled, put them forth into a Pipkin, adding to them drawn Butter, and keep them by the Fire in a warm Condition: then boil up four handfuls of Spinage in strong Broth: when they are enough, pour out part of the Broth from them, and put in a little Vinegar, a Ladleful of drawn Butter, and a grated Nutmeg, your Dish being ready with Sippers in the bottom; put your Spi-

nage thereon round towards the Dish's side: your Venison being boil'd take it up and lay it in the middle of the Dish, and lay your Colly-Flowers all over it, then pour on your drawn Butter over that at last, Garnish it with Barberries, and your Dish with some green Parsley minced: If you please you may force your Venison with a handful of sweet Herbs and Parsley minced with Beef-suet, and the Yolks of Eggs boil'd hard; seasoning your forcing with Pepper, Nutmeg, Ginger, and Salt.

Venison to Broil : Take half a Haunch of fat Venison, cut it into slices half an inch thick, salt and broil them on pretty quick Embets; and when they are well soaked, bread them and serve them with Gravy only. And in this manner you may broil a Side of Venison; or boil it first in fresh Water and Salt, and then broil it, and dridgeit, and serve it up with Gravy, Vinegar, and Pepper. As for the Chine broil it raw, bread it, and serve it up with Gravy.

Venison Counterfett : Take a Buttock of Beef, cut it down the long ways with the Grain, beat it well with a Rolling-pin, and broil it on the Coals; and when it is cold lard it; then put to it some White-wine-Vinegar, Pepper, Salt, Cloves, Mace, and Bay-leaves:

leaves: so let it lie three or four Days, and bake it in a Rye-Past; and when it is cold, fill it up with Butter, and let it stand ten or fourteen Days before you cut it up, and it must be a very curious Palate that can distinguish it from Venison of red Deer.

Venison to Counterfett, another: Take Ram, or Wether, steep it in warm Blood, either of a Goat, Pig, or Sheep, and season it as you do Venison; the Bones being taken out, and a little Claret-Wine added, bake it in a Pot, or Pye.

Venison, a Haunch or Shoulder to Roast : Lard either of these with Lard, and stick it thin with Rosemary: then roast it with a quick Fire, but do not lay it too near; baste it with sweet Butter: then take a pint of Claret, a little beaten Cinnamon, and Ginger, and as much Sugar as will sweeten it, five or six whole Cloves, a little grated Bread; and when it is boiled enough, put in a little sweet Butter, a little Vinegar, and a little Salt: when your Meat is roasted, serve it in with the Sauce, and strew Salt about your Dish.

Venison - Pasty : Take four pound of Butter to a Peck of Flour, and make it up into a Crust or Past with cold Water; beat the Past with a Rolling-pin, and likewise so order two pound of Beef-suet beaten small: then

put the Suet into the Pasty both at top and bottom; (take notice likewise that you put the Whites of twelve Eggs into the Crust:) then your Meat being boned, or the Bones broken to pieces, rub it over with an ounce of Pepper, and as much Salt mixed with it: or if you take out the Bones, you may put them well broken into a Pot, with a little Claret, fair Water, Pepper, Salt, and a slice or two of Nutmeg, and bake them, that so the Liquor may serve to put it into the Pasty when it comes out of the Oven, in order to be served up at the Table. And this way, without alteration, Mutton or Beef-Pasties may be ordered; and the latter among the more ignorant, so ordered, will pass for Venison.

Venison to Pot : Take a Haunch of a fat Buck, not lately hunted, bone it and beat three ounces of Pepper, twelve Nutmegs grated, and a sufficient quantity of Salt to season it: mix the Spices and Salt with White-wine-Vinegar, wash the Venison over with it; then make holes in the lean sides with a Knife, and stuff it as you do Beef, with Parsley shred small; and then put it into a convenient earthen Pot, with the fat side downward: then clarify three pound of sweet Butter, and put it to the Venison, cover your Pot with a Past, and let it stand in the

Oven

Oven five or six Hours: then take it out, and with a vent press it down to the bottom of the Pot; and letting it be cold, take the Gravy from the top, and boil it about half a way, then put it with the Butter to the Meat again.

Venison to Souce: Boil Water, Beer, and Vinegar together, and having taken off the Scum, put in Bay-leaves, Thyme, Savory, Rosemary-tops, and Fenil; and when it boils, put in the Venison, let it parboil, then press it and season it with Salt, Pepper, and Nutmeg.

This takes away the Scent when tainted, and it will keep in this Souce-drink a long time; and so you may bake it to be eat cold or hot.

Venison to Stew: Slice it out, and put it into your Stewing-dish, set it on a heap of Coals with a little Claret-wine, a Sprig or two of Rosemary, and half a dozen Cloves, a little grated Bread, Sugar, and Vinegar; so let it stew together a while, then grate one Nutmeg into it, and serve it up.

Venison Tainted: If you would recover your Venison when Tainted, Take strong Ale, and as much Vinegar as will make it sharp, boil it with some Bay-salt, and make a strong Brine, scum it, and let it stand till it cools; then lay your Venison to steep in it twelve Hours; press it and

dry it, then parboil it, season it with Salt and Pepper, and it will be fit for use.

Verjuice to Make: Gather Crabs as soon as the Kernel turns black, and lay them in a heap to sweat; then take off the Stalks, and separate the Rotten, or much bruised, if there be any, put them into a Trough, and stamp them with a Beater, or grind them in a Mill: then put them in a hair Bag, or coarse Cloath, lay it in a Press, when full with the Mash of the Crabs, and by pressing down the Board upon it, squeeze out the Juice, and put it into a Barrel; stop it close and set it in a warm Place for ten or twelve Days, and it will become excellent Verjuice.

Verbena: There are many wonderful Virtues attributed to this Herb, or Plant: 'Tis Cephalick and Vulnerary, used for Obstructions of the Liver and Spleen also in Diseases of the Eyes, and the Stone, for Ails in the Breast, Bloody-flux, and Tertian-Agüe; to heal Wounds, and cause easie and speedy Delivery in Women. • It is outwardly used for Redness of the Eyes, Pains of the Teeth, Head-ach, Quinsie, Glandules of the Jaws, and Falling of the Fundament; for Pains of the Spleen, and cleansing Ulcers. The distilled Water of it applied outwardly to the Head, and four ounces taken inwardly

ly with four drops of Spirit of Salt, are held to ease Pains in the Head, though proceeding from different Causes. *Preslus* relates, to his knowledge, That two Persons, when all other Applications failed, were cured of inveterate Head-achs, with only applying this Herb green.

Vinegar in Balls to Make: Take the Berries of the Bramble, when half ripe, and dry them; and when they are sufficiently so, make them into Powder, and with strong White-wine-Vinegar make them into Balls as big as small Nuts; then dry them, and put them up into wooden Boxes, and when you have occasion to use them, take Wine, or for want of it a little Water, or Stale-beer, and dissolve a Ball in it, or so much as you have occasion for, and it will immediately become a strong Vinegar.

Vinegar Common: The usual Vinegar made with us is ordered in this manner: Take a middling sort of Beer, indifferently well hopp'd, put into it, when it has worked well, and is grown fine, some Rapes, or Husks of Grapes, usually brought home for that purpose, mash them together in a Tub; then letting the Rapes settle, draw off the liquid part, put it into a Cask, and set it in the Sun as hot as may be, the Bung only covered with a Tile, or Slat-stone,

and in about thirty or forty Days it will be a very curious Vinegar, and may pass in use as well as that made of Wine, if it be fined and kept from mustling.

Vinegar for Digestion: Take eight drams of Seasonions, a quart of Vinegar, as much Pepper as Onions, Mint, and Juniper-berries: let them infuse, and drink a spoonful at a time before Meals.

Vinegar of divers Sorts: (1.) Take good White-wine, and fill a Runlet full, leave it unstopp'd, and set it in the Sun, or in some hot Place, and it will soon turn, and become special Vinegar. (2.) If your occasion requires Vinegar in haste, put some Pepper, Salt, and soure Leaven mingled together, and a hot Steel, stop it up, and let the Sun, or some other warmth come to it. Or, for the more speedy way, Put White-wine, or Claret into an earthen Pot, stop the Mouth with a piece of Past, and put it into a Brass Pan or Pot boiling with Water; let it be there about half an Hour, and it will grow soure.

Vinegar to make in an Hour: Green Bramble-berries put in good Wine makes it.

Vinegar of Elder: Gather Elder-flowers before they be too much blown, pick them clean from the great Stalks, and dry them in the Sun

Sun when it is not too hot; so put a handful of them to a quart of the best White-wine-Vinegar, and let it stand about twelve or fourteen Days, then strain it, and draw it off, and put it into your Vessel, letting a quart be put in very hot to make it ferment in the Cask, and so stop it close for use. It is very pleasing to the Palate, good for those to use in Sauces, or otherwise, that are troubled with Pains in their Heads; as also, by dipping a Cloath in it, or making a Poultis of Mallows and Chamomil, and applied to the Head, it wonderfully eases it of Pains caused by heat.

Vinegar of Roul Wine: Boil it and scum it very clean, suffering it to continue over the Fire till one third is consumed; then put it in a Vessel, and put some Chervil to it, stop it close, and in a short time it will prove very good Vinegar. You may make Vinegar of any Flowers, Fruits, Herbs, or Roots, by putting them into the Vinegar, and infusing them till the Vinegar is tinctured, or grown strong with the taste and smell of them.

Vinegar of Pepper: Fill a Bottle with the best Wine-Vinegar, then take a good quantity of Pepper, put it into a long Cloath sowed up like a Bag, and put it into the Vinegar for the space of Eight Days, with a string to it, that

it may be drawn out at the end of that time.

Vinegar of Roses: Take the Buds almost blown, of red Roses gathered dry, and the Whites and Stalks cut away, shred them, and dry them after in the Sun a considerable time, put them into an earthen Vessel, and put to a pound of Roses two quarts of the best White-wine-Vinegar; stop them up close, and let them infuse eight or nine Days: then draw off the Vinegar, press out what remains in the Roses, and bottle it up for use.

Another: Take red Roses, not quite blown, cut away the white Bottoms when the Leaves are plucked from the Stalk, about one pound, and dry them in the Sun; then put them in six quarts of White-wine-Vinegar, and set it in the Sun about forty Days: then strain it, and let the Infusion be repeated with fresh Roses; and so strain it out, and keep it for use.

This is used mostly in Sauces, but it is indeed extraordinary good made up into a Syrup with Sugar; to cut Flegm, gargle the Mouth, and to be used in cooling and astringent Medicines.

Vinegar of Treacle: Take of the sharpest White-wine-Vinegar four quarts: Venice-Treacle, or Mithridate six ounces, Cortex Wintercanus, Virginian Snake Root, Contrayerva, Zedoary, Cloves;

Cloves, Nutmegs, Jamaica-Pepper, of each one ounce; all grossly bruised, Saffron, Cechinele, white Pepper, long Pepper, of each two drams: mix and digest in a gentle Sand-Heat, for a Week or thereabouts, shaking the Glass two or three times a Day; then letting it settle perfectly, decant off the clear, and keep it for use.

The Dose is half a Spoonful at a time in some convenient Liquor. It is of excellent use to prevent pestilential Fevers, the Plague, ill Airs, and noisome Vapours, being taken fasting in a Morning.

Violet-Syrup Simple: To make the simple Syrup of Violets, infuse the Flowers of blue Violets twice or thrice, till they have lost their Scent; then with a convenient quantity of Sugar boil up the Water to a Syrup.

This asswageth sharp Humours, and Pleurisie, and is good for the Head-ach, and against the Heaviness of the Heart, and hinders disturbing Dreams,

Violet-Flowers to Candy: Take of them which are very good and new, being very well coloured, weigh them, and to every ounce of Flowers you must add four ounces of refined Sugar, which is very white and fair Grain'd, and dissolve it in two ounces of fair running Water, so boil it untill it comes to Sugar again, you must scum it often, lest it

be not clear enough, and when it is boiled to Sugar again, take it off and let it cool; then put in your Violet-Flowers, stirring them together untill the Sugar grow hard to the Pan; this done, put them in a Box, and keep them for use.

Viper-Biting: As soon as any one is bitten, (for if the Poison be diffused through the Mass of Blood, the Experiment cannot be warranted) let a hot Iron, as hot as the Party can endure it, be held near the Wound till it has, as some term it, drawn out Poison, which sometimes like a yellowish Spot will stick to the surface of the Iron.

Another: Take white Horehound and Plantain, of each half a handful; beat them into the nature of a Poultis, and apply it speedily to the Place afflicted wth the Poison spread in the Blood, and drink at the same time the Juice of them, which is very good against the Jaundice, and not only for the Biting of the Viper, but other venomous Creatures.

But the great Antidote is Volatile Salt of Vipers, which may be given in a Bolus, in Mithridate, Treacle, or the like; or else dissolved in some proper Alexipharmick-Water, and so immediately given, from ten grains to twenty, and so to be repeated Morning and Evening, till the danger is over, it will cause gentle Sweating, and defend the Heart from the Poison. You may

also give the Powers of Vipers, from forty drops, to seventy or more, to all that the Sick drinks.

Where the Salt of Vipers cannot be had, you may take the Viper Powder to a dram, or dram and half at a time as aforesaid, which may be mixed with Mithridate into a Bolus, and so given as is directed in the Salt.

Ulpers-Grafs: This is by many eaten with their Meat, having a kind of a tast and sweetness of a Parsnip. 'Tis applied with success against the Biting of any venomous Creature, also in pestilential Fevers, Giddiness, Melancholy, Palpitations of the Heart, Falling-sickness, Obstructions of the Bowels and Diseases of the Womb; for the Jaundice and Dropsie, if taken at the beginning.

In case of any kind of Fevers, Take of the Root of Scorzonera, and Angelica, of each six drams; of the Leaves of Wood-sorrel, with the Roots, two handfuls; ras'd Ivory, and Harts-horn, of each half an ounce; Licorice two drams: boil these in a sufficient quantity of Water wherein Barly has been boiled, to the consumption of a pint and a half; and having strained the Liquor, add of the Composition of Scordium-water, and of the cold Scordium-water of Saxony, of each three ounces, Syrup of Rasberries three ounces: mingle them well, and make an Apozem,

of which take three or four ounces at pleasure, though the Fever be violent.

Virgins Milk: Take fair Water a gallon, Roch-Alom a pound, mix and dissolve. Take Wine-Vinegar three quarts, Saccharum Saturni six ounces: mix and dissolve, then mix both these Liquors together, and keep them for use. This Milk is good against all Heats and Inflammations in the Skin, in Face, Hands, or any other part, it cools and is good against Flushings, Pimples, breakings out, or redness in the Face or Hands; it kills Worms in the Skin, whether in the Face, at Fore-head, Nose, Cheeks, Chin, or in any other external place of the Body, cures Tettors and Ring-Worms, takes away Freckles, Tanning, and Sun-burning, and causes a pure and clear Skin, giving admirable Whiteness and Beauty beyond comparison. First wash the Face with warm Water and Wheat-Bran with a Sponge, till it is very clean, when dry, then wash it with this Water very warm, a pretty while with a bit of a Sponge also, first in the Morning and last at Night, repeating it also two or three times in the day time.

Virgins Trout to Make: This, as it is usually done, is only the curing off the Heads of pickled Herrings, and the Bodies being laid twenty four Hours in Water, wash them, and season them with Mace, Cinnamon, Cloves, Pepper, and a little red Saunders; then mince

mince some Onion and Limon-peel, season them with Mace, Cinnamon, Cloves, Pepper, and a little red Saunders; then mince some Onion and Limon-peel, strip a few pickled Barberries, and sprinkle them on between each Layer of the Fish: and when they are thus ordered, put in a pint of Claret, and tye on a double wetted brown Paper on the Pot, and so set it in the Oven with Household-bread: and being drawn and cooled, they will look as red as Salmon, or Trout, tast curiously, and eat altogether as well.

Ulcers in the Breast: Take Millepedes, otherways called Wood-lice, or Sows-lice, wash them clean, dry them with a Linen-cloth, and beat them very well in a glass, or marble Mortar, and press out the Juice that comes from them; and if the Mass be too dry, you may agitate with them a little White-wine, or Ale, which penetrating and softening them, the Liquor may the better bring forth the Juice: A dram of which take in two spoonfuls of White-wine fasting in a Morning.

Ulcers to Cleanse: Take four ounces of Turpentine, the Yolks of two Eggs, an ounce of Barly-meal, Saffron, Sarcocol, Mastick, and Frankincense, of each half a dram: mix them well together, and make them into a Plaster, with the addition of Rosin, Honey, and Oil of Roses.

This being applied, not only cleanses Ulcers, but ingenders in them new Flesh where it is wasted, and makes, after the Cure is past, the Skin smooth again.

Ulcers External: Take the gross Stalks of red Col-wort, dry them pretty well, then put them into an earthen refining Pot, or such like, and put them on a hot Fire, till they are reduced to Ashes, and apply those Ashes to the Ulcer, or take the green Bark of an Oak, chop or bruise it very small; pour upon it Lime-water freshly made: let it infuse till the Liquor has a duskey colour; and with this Water wash the Ulcer twice a day.

Ulcer in the Mouth: To remedy this, Take a pound and a half of white Sugar, the Juice of Pomegranates clarified, red Wine of each a pint: mix these well over a gentle Fire, and bring them to the consistence of a thin Syrup, and gargle the Mouth with it, also the Throat, as far as may be, very often, and it will bring away the Corruption, and Cause the Sore to heal: It is astringent, and also strengthens the Stomach.

Ulcers, another: Take one dram of Corrosive Sublimate, reduce it to fine Powder, and dissolve it in a quart of fair Water, suffering it to lye there four or five Days in a light Digestion; then drop in it as much Sal-armoniack, or as much Oil of

Tartar per Deliquium as will precipitate it all; then filter it carefully, and keep it close stops for use, viz. To dip Pledgets into it, and apply them to the ulcerous Part once, twice, or thrice a Day, as you see occasion.

Ulcus Ulteri, or Ulcer of the Uterus: Take Asphaltum or the true and choice Bitumen Judaicum, reduce it to a curious fine Powder, and take of it about a dram at a time in any proper Vehicle, once or twice a Day, as you see occasion.

Internally, you are first to cleanse the Womb, with the White Potion (see it under its Title) for four or five Days, after which give our *Tinctura Mirabilis* inwardly, a Spoonful at a time in a Glass of old Malaga, Tent; or Alicant; and every Night going to Bed, three grains of our *Volatile Laudanum*. And while this is a doing, let the White Potion be also injected up the Womb with a proper Womb Syringe, (such a one, as we have described in our *Art Chyrurgica*) four or five times a Day, which may be done for a Week, or thereabouts, all which being performed, you may compleat the Cure, by injecting up the Womb (for some reasonable time) the following Liquor. Take Well-water two quarts, Rock-Atom, Saccharum, of each an ounce, white Vitriol half an ounce, mix, dissolve, digest for ten Days, decant the

clear, Filter, and so keep it for use.

Umble-Pasty: To make a Pasty, or Pye, after the newest fashion, Cut the Umbles in small pieces, and do the like by fat Bacon: mix them together, and season them with Pepper, Salt, and Nutmeg, fill your Pasty, or Pye, with the Materials, having a little Stript Thyme, and shred pieces of Limon scatter'd among them; then cover them with slices of Butter and Bacon very thin, and close it; let it soak well in the Oven, and when it is drawn, beat up Butter with Claret, Limon, and Stript Thyme, and serve it up hot.

Umble-Pye: Make a Laying of minced Beef-suet in the bottom of your Collin, or Slices of interlarded Bacon; cut the Umbles in pieces as big as a small Dice, and your Bacon in like form, season it with Nutmeg, Pepper, and Salt, and fill your Pye with it, and close it up with slices of Bacon and Butter: when it is enough, pour in at the place you have left vacant, Butter and Claret beat up together, and so serve it up at the Table whilst it is hot. Be sure it be well baked, or it is altogether spoiled.

Umble-Pye, of Lambs-Head, &c. Boil your Meat reasonable tender, take the Flesh from the Bone, and mince it small with Beef-suet and

and Marrow, with the Liver, Lights and Heart, a few sweet Herbs, and Currans, season it with Nutmeg, Pepper, and Salt, bake it in the form of an Umble Pye, and in the eating 'tis hardly to be distinguish'd.

Unguent for St. Anthony's Fire: Take Vervine, Pimpernel, and Bettony, of each a handful; bruise them, and put them into three pints of White-wine; boil, strain them, and set the Decoction over a gentle Fire again in a glazed Vessel; then take Turpentine ten ounces, Rosin one pound, new white Wax four ounces, Oil eight ounces: when these are melted, and well mixed, add to them Mastick in Powder one ounce, Saccharum Saturni two ounces: make these into an Ointment, over a gentle Fire, and anoint the Party afflicted often rubbing it in, and it will repel the Heat: It is also very necessarily used for Fistula's, Cankers, and hot Swellings in the Joints and Sinews.

Unguentum Aegyptiacum: Take Verdigrise five ounces, good Honey fourteen ounces, strong Vinegar seven ounces: boil them together till they incorporate to the thickness of an Unguent, and be of a purple colour.

This forcibly cleanses inveterate Ulcers, and consumes proud, spongy, and dead Flesh.

Unguentum Album: Take Ceruse four ounces, unripe Oil of Roses twelve ounces, white Wax

three ounces, melt the Wax in the Oil; then put in the Ceruse (being first searsed) and continually stirring them till they are formed into an Unguent; add a little White wine-Vinegar, and of Camphire in fine Powder two drams and a half.

This Ointment is very cooling, it asswageth Pains occasioned by Heat and Inflammations, heals Excoriations, and takes away Scabs, and Itch.

Unguentum Aureum: Take yellow Wax six ounces, the best Olive-oil two pound, Turpentine two ounces, Pine, Rosin and Colophonia one ounce and half, Olibanum, and Mastick, of each one ounce, Saffron a dram: dissolve Wax in the Oil, and so putting in the rest finely braised, make an Unguent; and when they are all well incorporated, take the whole Mass from it, and put in the Turpentine, stirring it about that it may dissolve and imbody with the rest.

This is excellent in fresh Wounds, and makes them speedily heal.

Unicorn Drope: This is of very great Virtue. It is mostly found in Germany, Moravia, Saxony and Silesia, in subterraneous Caverns, where Nature has laid it up for the use and benefit of Man. It is drying and binding, and stops all manner of Fluxes of the Belly, Gonorrhoea's, Bleeding at the Nose, Hepatick Flux, and all other Fluxes of the Blood, by strengthening the Stomach, Heart, and vital

Parts: Spirit.

Spirits. It is also profitable against the Apoplexy, Vertigo, Falling-sickness, and divers other Diseases incident to the Head and Brain, the levigated Pouder being given to a dram, or four scruples, in any convenient Liquid. It is also good against the Pestilence and Plague, and all manner of malignant Fevers; like wise the Measles, Small-pox, Purple, or Spotted-Fever, &c. It is also held powerfully to resist Poison, whether inwardly or outwardly injurious, the Biting of Serpents, or any other venomous Creature, by causing a gentle Sweat, and driving the Poison from the Heart. It is good against Faintings and Swoonings, and Passions of the Heart, Heart-burning, and Palpitation, the Diseases of the Viscera, by absorbing the acid Humours, when daily taken from half a dram to a dram, for a certain time, in some proper Cordial-water, or Wine.

Voiding Blood: Take two drams of Henbane seed, and as much of white Poppy-seed: mix them after they are well beaten, with an ounce of the Conserve of red Roses, and of that take fasting, as near as you can, the quantity of a Walnut. Or,

Take Plantane-leaves a considerable quantity, bruise them, and press out the Juice, do the like by about six ounces of Comfrey-roots, sweeten

it with a little fine Sugar, and drink it up, and you will soon find a restraint of Bleeding, though it come from several Parts.

Whether the Hemorrhage is by the Mouth or Nose, upwards, or by the Fundament, or Secret downwards, there is nothing more excellent than our Tinctura Mirabilis, which may be given three or four times a Day. 1. In the Morning fasting. 2. At ten in the Morning. 3. At four in the Afternoon. 4. At Bed-time, but after taking three, or four grains of our Laudanum Specificum, (if the Bleeding is vehement) which Course is to be continued for some Days, as you see occasion. The Tincture may be given a Spoonful at a time, in a Glass of Ale, or Red-port-Wine.

Vomiting in Children: To stay this, when excessive and dangerous, many times caused by Worms in the Stomach, Take dried Rue, and Frankincense, of each a dram; beat them to a fine Pouder, and give it them in a Glass of Rhenish, or Wormwood-wine.

You may give Spirit of Angelica one dram, mixt with a few Spoonfuls of Sack, or Mint-water: it gives relief upon the Spot. Or Spirit of Opium, from half a dram to a dram, given in Syrup of Mint, or Syrup of Limon, as aforesaid.

Vomiting to Provoke: Take the Rind of the Root of an Elder-tree, bruise it, and steep

it in White-wine all Night, so that the Wine may be very strong of it; drink off the Wine only luke-warm the next Morning fasting, and it will gently cleanse the Stomach and Belly.

Another: Take a pound of the green Husks of Walnuts, a pound and a half of the Roots of Garden-Radishes, a pound of the green Leaves, six ounces of Alarabacca, and four ounces of Radish-seed; pour on them three pints of White-wine-Vinegar, and let them digest a Day or two: then distil it in a glass Vessel in hot Water.

Two Spoonfuls of this will cause a strong Body to vomit; therefore those that are weaker, may take only a Spoonful, or one and a half, to prevent any over-straining that it may occasion.

Vomiting to Stay: Take Spearmint-water four ounces, Syrup of Quinces two ounces, and Cinnamon-water two drams. Take of this two or three Spoonfuls at a time.

Another: Take about half an ounce of Cloves, bruise them grossly, put them into a pint of Ale, with half an ounce of Limon, or Citron peel, boil them over a gentle Fire to the consumption of a third part: and then drink it cold, when strained, adding a Spoonful or two of the Juice of Sage.

Another: Take bruised Cinnamon two ounces, rectified Spirit of Wine a quart; infuse them four Days in a large Vessel very close stopp'd, shake it twice or thrice a Day, and dissolve a-part half a pound of Sugar-candy in a quart of Rose-water, and mingle the Liquors together; and put to them four grains of Musk, and half a scruple of Amber-grease.

This mightily relieves the Stomach when oppressed with Cold, or Flegm, and consequently stays Vomiting. It is also good to stay the Looseness, ease the Pains of the Colick, and other griping Pains.

This is recommended as an excellent thing to stop all manner of Vomiting in Old or Young, but more especially in such as are of Elder Years: Take Juice of Limon a Spoonful, Salt of Tartar a scruple; mix and dissolve: to which add Spirit of Poppy one ounce (more or less) Mint-water six Spoonfuls: mix and give it for a Dose. In this case also, a Tincture of the Flowers of Corn-Poppies, made with Brandy, and a little dulcified, is found to be of Admirable use.

Urin White as Clay: This denotes an ill Digestion: a bad Stomach, and a bad Liver, and if in it there appears any shining Beams, it denotes an Impostume in the Milt, or if the Urin be white as Whey, thick and little in quantity, it

betakeneth the Flux. To Remedy this,

Take Grommel, Saxifrage Parsly, and Sage; then boil them in White-wine, and drink the Liquid part Morning and Evening.

To Urinate, Stop. If the Party cannot contain the Urine, Take the Roots of Male peony, yellow Amber, red Coral, and choice Gum arabick, of each a sufficient quantity, reduce them to a fine Powder, mix them well, and let the Patient take from ten to twenty grains twice a Day, ora Spoonful at a time in any convenient Liquid.

Urin Stop: Take the Roots of wild Garlick, by some called Crow-Garlick, wipe them clean, but do not wash them; bruise them very well in a stone or glass Mortar; strain out the Juice, and putting it into a Glass of White-wine, drink it off upon an empty Stomach, taking it once or twice a Day, and you will find great Benefit thereby.

Another: Dissolve a little of the best Spanish Soap in half a pint of White-wine, and pass it through a woollen Filter, or Strainer: put to it by infusion six or six grains of Saffron, divide it into two Doses, and take one two Hours after the other, especially if the first does not operate well: but if it does, you may stay a longer time. This, by the way, is taken for Urin that is not very obstinate.

Another: Take the Powder of a Stag's Pizzle a dram, Crabs-eyes calcined the like quantity; the Juice of Garlick, or strong Onions half an ounce; Burdock-root finely sliced a quarter of an ounce; Powder of Steel half a dram; Bay-berties well bruised an ounce, Harts-horn Shavings a quarter of an ounce, and two drams of the Shavings of Ivory: boil or infuse these over a gentle Fire in a pint of Rhenish Wine, strain out the liquid part, and let the Party drink half a pint as hot as Milk new taken from the Cow, Morning and Evening, or oftener, if the Stoppage be great, and it will remove in a little time the Obstruction, and cause a free Passage of Urin, &c.

In an extraam Stoppage we have found this mixture of mighty use. Take Gutta Utra, Powers of Juniper, Powers of Aniseeds, of each an ounce: mix them: dose one Spoonful in White-wine. Or this: Take Gutta Vitæ, Powers of Juniper, Spirits Anticolicus, of each an ounce; mix them: dose a Spoonful as before. Parsly-water is commended, so also Water of Arsmart or Hydropiper. This following is seldom found to fail. Take Powder of Venice-Turpentine (made hard by boiling in Water) Goat's-blood dried, and made into fine Powder, of each equal Parts: mix them: dose from half a dram to a dram, in time of Extremity, as also Morning

Morning and Evening, in any convenient Vehicle.

Ulsquebaugh: Take two gallons of rectified Spirit of Wine, a pound of Spanish Licorice, half a pound of Raisins of the Sun, four ounces of Currans, three ounces of Dates sliced, the Tops of Thyme and Baum, Savory, Mint; the Tops, or Flowers of Rosemary, of each two ounces; Cinnamon and Mace well bruised, Nutmegs, Aniseeds, and Coriander-seeds bruised likewise, of each four ounces; Citron, or Limon, and Orange peel finely scraped, of each an ounce: let these infuse in a warm place forty eight Hours, with often shaking together; then let them stand in a cool place for the space of a Week: decant the clear Tincture, and put to it an equal quantity of Choise White-Port-Wine; and a gallon of choice Canary: and sweeten it with a sufficient quantity of double refined Sugar, and so keep it for use. For a weaker sort, put choice Brandy to them, and do as before.

This is not only pleasant to drink, but moderately taken preserves the Lungs against cold Distillations of Rhums, and other Defects that afflict them, and encline them to Consumption. It lengthens the Breath, cheers the Heart, and keeps out ill Airs occasioned by Drumps and Fogs, &c.

Uteri Prolapsus: Apply to the Navel a pretty large Cupping-glass, but suffer

it not to continue too long on, a quarter of an Hour being the longest, for fear of injury, especially to the Navel String.

The only thing for this cure, is the Wooden-Ring, made of Box, or Cocus, or Elder-wood, an Inch and three quarters, or two Inches, more or less, in diameter, from outside to outside: this always keeps the Womb in its place, without any trouble, and hinders its prolapsion, nor need it ever be taken out, but now and then to cleanse it. See more hereof, in our Comment upon Sydenham's Practise of Physick, Lib. 2. cap. 3. Sect. 5.

Utrula Falling: Take Coriander-seeds, and Rue, in Powder, boil them in Mint-water, and sweetening it with a little Sugar, often gargarize the Mouth, and it will be remedied.

Or, Take Honey, Juice of Alkermes, of each an ounce, Catechu in Powder, one ounce, white Pepper in fine Powder three drams: mix, and therewith anoint the part affected, four or five times a Day.

Utrula Relax'd: Take Juice of Alkermes, Acacia, of each an ounce, Catechu in fine Powder, an ounce and half, Saccharum Saturni two drams; mix them: with which besmear the Part often times in a Day.

Waters to make: Take a quart of Flour heaped, and put to it the Yolks of four Eggs, and two or three Spoonfuls of Rose-water; mingle this well together, then make it like Batter, with Cream and a little Sugar, and bake it on Irons, very thin poured on.

Walnut Water: Take green Walnuts before they have any hard Shells in them, two pound, Rue, and Carduus, of each a handful; Roman Wormwood, and Baum, of each half a handful: Bruise all these together, and infuse them in a gallon of Malaga, draw off the Water in a cold Still, and keep it close stopp'd for use.

An ounce of it at a time Morning and Evening, expels Vapours, keeps out infectious Airs, restores Appetite, and causes good Digestion; creates a fresh and lively Countenance, and removes Pains in the Stomach.

Walnuts to Preserve: Take green Walnuts before they have contracted a hard Shell under them, pierce them with a Needle, and boil them in three or four Waters to take out the bitterness; and when they are

tender, to twelve pints of the last Liquor, put twelve pints of ordinary Sugar; boil it up, and clarify it with Whites of Eggs: then strain it, and boil it to a Syrup; and sticking some Cloves, Mace, and Cinnamon, in the Nuts, put them into the Syrup when cold.

These Preserved Walnuts are very Cordial, Pectoral, and Stomachical, they strengthen it, and cause a good Digestion; and are excellent in Fluxes, and Loosenesses; also, an Antidote against the Plague, and all poisonous and pestilential Diseases.

Wardens or Pears to Stew: Pare them and put them into a Pipkin, with so much Claret-wine and Water of each, as will near reach to the top of the Wardens; stew or boil them gently till they grow tender, which may be in two Hours; after a while, put in some Sticks of Cinnamon bruised, and a few Cloves, when they are almost done, put in Sugar enough to season them well, and their Syrup; which you pour out upon them in a deep Plate.

Warden Pye, see Pear Pye.

Warts: Take May-Butter, melt it in a moderate Heat, mix

mix it well with as much Oil of Tartar, *per deliquium*, as will cause a sensible, but not considerable strong Taste, and make it into an Ointment; and with it often anoint the Warts as hot as you can well endure it, and they will either sink, or peel off.

Warts to Remove: Wash the Warts often with the hot Blood of a Pig, suffering it to dry on them; then wash it off with Lye of Wood-ashes, and lay on a Plaister of Elder-bark mixed with Oil of Turpentine.

Water for Bruises: Take two handfuls of Scabious-flowers, of Smallage, Bay-leaves, Pennyroyal, and Chamomil, of each a handful; the Powder of Myrrh half an ounce: bruise the Herbs, and put them to infuse in two quarts of White-wine; then distil them, and let the Party drink two ounces of it Morning and Evening.

It is excellent good for internal Bruises, or Murts; also, for Spitting of Blood, and Inflammations.

Water Beautifying, by Sir Ken. Digby: Take white Lilies six drams, Florence-Orrice Roots, Beans, Cicers, Lupins, of each half an ounce, fresh Bean-flowers a handful, Gum-Tragant, white Lead, fine Sugar, of each half an ounce, Crums of White-bread (steeped in Milk) an ounce, Frankincense, and Gum-Ara-

bick, of each three drams, Borax, and feather'd Allom, of each two drams, the white of an Egg, Camphire a dram and a half; infuse them twenty four Hours in a sufficient quantity of Rose, and Bean-Flour Water, equal Parts; then distil it in B.M. This Water Smooths, Whitens, Beautifies, and Preserves the Complexion of Ladies. They may wash their Faces with it at any time, but especially Morning and Evening.

Water for Cankers: If you are troubled with a Canker in the Mouth, &c. Take Sage, the Bark of Elder-Tree, Comfrey, Sorrel, and Endive, of each two handfuls: stamp, and strain them, when infused twelve Hours in two quarts of White-wine, gargle your Mouth with it, or anoint or wash the Place with it elsewhere, and it will make it at a stay, and in a little time heal it.

Water-Gruel: Take the best Oat-meal beaten, and steep it in Water all Night, the next Day strain it, and boil it with a Blade of Mace, and when it is enough, put in some Raisins, and Currans (which have been infused in a Pot of seething Water) and a little Wine, a little Salt, a little Sugar, and so eat it.

Water-Gruel: Take about two parts Oat-meal, well beaten in a Mortar, and one part of Rice, in a subtil Powder; boil

boil these well in Water, adding a good proportion of Cinamon, to boil also in due time: then strain it through a Cloath, and sweeten to their Taste. The Yolk of an Egg beaten with a little Sherry, or Sack put to it, is not bad in a Looseness, at other times you may add Butter: it is very tastful, and nourishing.

Water for Heat: For Heat or Pimple in the Face, or hot Inflammations in the Eyes, take this recommended Water. Take white and red Rose-water, of each a pint; Tutty-stone in Powder, Aloes Epatick, fine Sugar, and Rosemary-flowers, of each an ounce; put them in a double Glass, and place them in Balneo Maria five or six Days, yet frequently, in the mean space, move and shake them together; then with the Infusion wash your Face, Eyes, and other Parts inflamed or breaking out with Heat, every Night going to Bed, and it will, by a constant use, remove it, and make the Skin beautiful.

Water to cool the Liver: Take Barberry-leaves, and Wood-sorrel, of each two handfuls; Plantane-roots, and Leaves, a handful; Mellon-seeds, Borrage, and Bugloss-flowers, of each an ounce; bruise them well, and infuse them in a gallon of Spring-water; distil them in that Water, and drink a quarter of a pint of it fasting, with the Syrup of Limon, Citron, or

or Violets, and walk about a while after the taking thereof.

Water for the Plague:

Take of Celandine, Rosemary, Baum, Mugwort, Pimpernel, Dragon, Mugwort, Scabious, Agrimony, Bettony, Angelica, Pellitory of Spain, Carduus, Marigold-leaves and Flowers, Borrage-leaves and Flowers, Rosa-solis, Fetherfew, Pellitory of the Wall, Red Sage, Setwall, Mother of Thyme, Devils-bit, and Tormantil, of each a good handful, with a few Sprigs of Rue, and Walnut-leaves, on green Walnuts; bruise all well, and let them infuse in a sufficient quantity of White-wine three Days, and Nights, keeping the Pot they are in very close, yet often shaking it, that the Ingredients may move in the Wine; then distil the Wine and Herbs, and keep the Water that is drawn off close stopp'd in glass Bottles, where the Sun may come to them.

The best time of distilling this Water is in May, if the Materials, by reason of the forwardness of the Spring, may be had so early. Ten spoonfuls of it may be taken Blood-warm, to prevent the Plague: and this must be done when the first Symptoms of it appear. And upon taking it, walk about till you sweat again, for the space of an Hour, not eating or drinking after it for the space of two Hours, or more; and then go to Bed upon it. If it chance to cause you to vomit it is a sign it has taken the better Effect.

This

This is also good against Agues, or any infectious Diseases of the Stomach, being taken before the Fit, or Infection too far seizes.

Water for the Stone:

Take Saxifrage, Pellitory of the Wall, Mother of Thyme, green Sage, Radish-roots sliced, of each of them a handful: steep the Roots and Herbs a Night in Milk, and the next Morning distil them.

Too spoonfuls drank fasting, with as much White-wine, is good also to provoke Urin, and prevent Stoppages.

Water Sweet: Take Rose-Leaves, Bay-leaves, Lavender, and sweet Marjoram, Eglantine and Pinks, of each two handfuls, Cloves, and Cinamon, of each an ounce; bruise all these, and pour upon them two quarts of strong Ale (that is near the Grounds) let them infuse twenty four Hours, then distil it, and draw it till the Ingredients remain almost dry.

Water for Ulcers: This is an excellent Water. Take green Asphart as much as you please, Parsly half as much, Saxifrage a quarter as much: put all into a common Still, and draw off the Water to dryness without burning. 'Tis a famous Water, and gives relief upon the Spot: Dose six or eight ounces, two or three times a Day, a little sweetned with Virgin Honey.

If the Ulcer is well cleansed and incarnated, so that it is fit for healing, this following Styptick-water will perform the Cure im-

mediately. Take Spring-water a quart, Roch Alom, Saccharum Saturni, of each four drams, Vitriol calcin'd to Whiteness two or three drams: mix, digest warm for a Week, then decant the clear again, then filter and keep it for use: with this wash the Ulcer twice a day, and apply Pledgets thereon dipt in the same.

Weakeness after Deliberation: Every Night at Bed-time, give the Sick one small Pill of our Specifick Laudanum, and every Morning fasting, one spoonful of our Tinctura Mirabilis, in a Glass of Old Malaga, Tent, or Alicant; and at times in the day time, now and then a dram or two of our Aqua Bezoartica, or Spiritus Cordialis. These things will strengthen the Woman to a miracle, and quickly bring her out of her lying in Bed.

Weakeness to Help: Take the Powder of Vipers an ounce, Diaphoretick-Antimony half an ounce, clear yellow Amber two drams, Sugar the weight of all that have been mentioned before, and fine Starch the like quantity: make them into a Paste with Spirit of Wine and then into small Cakes, of which one may be a sufficient Dose.

This is successfully used to restore the Tone of the Blood, and to strengthen those that have been, or are weakened with Sickness.

Weakeness of Stomach: Take Baum and Mint, boil them

them in White-wine with some Rosemary-tops or Flowers and a little Limon-peel. and drink a quarter of a pint of the Decoction half an Hour before Meals. Or for this, Wormwood and Gentian infused in your Drink is very much available.

This is admirably cured by giving the Patient four times a Day, fifty, or sixty drops of our Tinctura Stomachica, in a Glass of Ale, or Wine, viz. 1. In the Morning fasting. 2. Half an Hour before Dinner. 3. At four in the Afternoon. 4. At going to Bed: this if it proceeds from a cold cause; but if it proceed from a hot cause, we commend to you our Spiritus Aperient, which you may take in all the Liquor you drink, whether Ale, or Wine: Dose forty or fifty drops, or so much as will make the Liquor pleasantly sharp, as if the Juice of a Limon was squeezed into it: It is good against the shortness of Breath, stoppages in the Stomach, want of Appetite, or any other Obstruction in the Body wheresoever.

Ueb in the Eye: To remove this Offence of the Sight, Take Shell-snails, and burn them to Powder, beat it fine, and sift it; add to it the Powder of Cuttle-bone: put these into Alom-water where Honey is dissolved, and shake them about: when the Water is thick with the Powder, drop some of it into the Eye with a

Feather, keeping the Lids closed a while, and turn your Eye to and fro that it may fret off the Film or Skin that hinders the Sight: and in often so doing, it will wear it away.

For this Malady, I commend up: on my own Experience my Aqua Regulata, as also my Balsamum Ophthalmicum: wash the Eyes several times in the day with the water; and put the Balsam into the Eyes Morning and Evening, letting the Patient lie after it in the morning an hour or something more. This also is of approved use. Take Honey, Bull's Gall, of each two Ounces: red Coral calcined and levigated into a subtil Powder, Powder of Liquorice and Gum Coranna in Powder, of each one ounce, mix and make a Balsam; a little of which put into the Eye, Morning and Evening.

Ulen to Cure: Take a Lime-stone, and slack it in small Soap-lees; then mix it with a little Soap, spread it as a Plaster, and lay it to the Wen, and anoint it often with the Lees the Lime was slaked in, and it will sink and destroy it.

White Potion to Make: Take Venice, or Strasburgh-Turpentine two ounces, three Yolks of new-laid-Eggs: mix them well together, till the Body of the Turpentine is perfectly opened, by grinding in a Marble Mortar; then add new Milk three quarts, in which half a pound or better of double refined Sugar is dissolved: mix well and keep it in Stone, or Glass-Bottles for

for use: it cures a Gonorrhoea, taking it half a pint at a time, two or three times a Day; and heals the VVomb by injection.

White-Broth: Take a little Mutton-Broth, and as much Sack, and boil it with whole Spice, sweet Herbs, Dates sliced, Currans and a little Salt; when it is enough, or very near, strain in some blanched Almonds, then thicken it with the Yolks of Eggs beaten, and sweeten it with Sugar, and so serve it in with Slices of thin White-bread, garnish with stewed Prunes, and some plumped Raisins. This may be served in also with any Meat, proper to be served with White-broth.

White-pot to Make: Take two quarts of Cream, or new Milk. put in half an ounce of Mace, a piece of Cinnamon, and half a Nutmeg sliced; chip off the Crust from a Penny White-loaf, slice it very thin, and lay the Slices in the bottom of a Dish, cover them with Marrow, and put the Yolks of a dozen Eggs to the Cream, or Milk, well beaten with Rose-water, and sweeten it with Sugar: then take out the Spices fill up a broad Balon, in which the Bread and Marrow is laid; bake it, but not in too hot an Oven: and when it is enough, scrape white Sugar over it, and serve it up.

White-pot: Take a Manchet cut like Lozenges, and

scald it in some Cream, then put to it beaten Spice, Eggs, Sugar and a little Salt, then put in Raisins and Dates stoned, and some Marrow; do not bake it too much for fear it Whey; then strew on some fine Sugar and serve it in.

White-pot: Take Mornings Milk, and soak therein some Slices of White-bread, and put therein a little Flour, with the Yolks of Eggs beaten very small bruise your Bread, so that it is all mixt with your Milk, Eggs and Flour, make it about the thickness of a Pan-cake Batter; then fill a deep Earthen-pan with it and lay some Pieces of Butter on the top. tye a brown Paper about the head thereof, and put it into your Oven when it is baked. there will be a hard Crust on the top of it you may make them without Flour, and with Rice. or without either. only with Bread.

Whitening, see Flounders.

White-wine that has lost Colour: To recover this. Rack it from the Lees, and if it be a faint tawny Wine put in Coniack-lees, putting the Wine upon them, rowling them over and beating them: and in the space of ten or twelve Days rack it off and it will be of a white Colour, and drink very brisk.

White-wine to mend its Colour: Take three or four gallons of new Milk. or less, according to the quantity of your

your Wine, put it into the Hoghead, and rowl it to a good mixture: then letting it settle, open your Bung, and put in three or four ounces of Isinglass, and as much Loaf-sugar; then fill up the Hoghead, and rowl it three or four times over: and so bring it by that means to a colour and fineness.

White-wine to Mend: If your White-wine have an ill Taste, draw it half off, and to either of the halves put two gallons of Morning's-Milk, a handful of Rice, and as much Bay-salt: mix or beat them well together with a Paddle-staff for half an Hour, then fill up the Hoghead, and rowl it well, and turn it over in the Lees; and so you may broach it in two Days, and it will drink very pleasantly.

Wine, call'd Blessed Wine: To make this, Take *Grocus-Mesallorum* in Powder one ounce, Mace in Powder, or grossly bruised, one dram, Spanish Wine a pint and a half: infuse the Grocus and Mace in the Wine a considerable time, and then pour off the Liquid clear part.

This is a very good Vomit, and more frequently used than any other; and among others it is used with great success in curing the Dropsie, Jaundice, Phthisick, and Diseases in the Head; also, in the beginning of Fevers, and before the coming out of the Small-pox. It must consequently in these Cases

do a great deal of good by freeing the Parts from the peccant Humours.

The Dose is half an ounce, an ounce, or an ounce and a half at a time: but the Age and Strength of the Patient is in these Cases to be considered. And the best time to take Vomits in, is in the Morning fasting.

Wine of Cherries: Take out the Stalk, and the Stones of your Cherries, bruise them with your Hands clean washed, or a wooden Ladle; and after twelve Hours fermenting together, strain them through a Napkin, press out the Juice into an earthen Stein; and after you have taken off the Scum and Froth, cover it close: and when it is settled, pour it off by inclination to ferment in your Cask with Sugar, and this will give it a deep Colour: then bottle it up, tye down the Corks to prevent flying out; and in ten or twelve Days you may drink it.

This is a great cooler, cheers the Heart, and revives decaying Nature; is good against Fits, and violent Pains in the Head. But Note, This is meant of the best red Cherries.

Wine of Currans: Take a pound of Currans, pick them clean, and wash them well, and putting them in an earthen Vessel pretty deep, pour on them about six pints of fair Water: very hot, in which

which three Spoonfuls of new Ale-yeast has been dissolved; then stop it up close about sixty Hours, that it may work and ferment: and as soon as you find it to your liking, let it run through a Strainer to leave behind the exhausted Currans, and Yeast, and so bottle it up, and it will be exceeding quick, and pleasing in Taste.

This is not only pleasant to drink, but advantageous to the Body sundry Ways: for it cools the Liver, cleanses the Blood, and is taken with good success in all hot Diseases.

Wine of Raspberries: Take Raspberries and bruise them with the back of a Spoon, and strain them, and fill a Bottle with the Juice, stop it but not very close; let it stand four or five Days, then pour it from the Grounds into a Basson, and put as much White-wine, or Rhenish as your Juice will well colour; then sweeten it with Loaf-Sugar, then bottle it, and keep it for use.

Wine Lowting: Take an ounce of Roach-Alom, and Powder it, draw from the Hoghead four gallons, then strow the Powder of Alom in it, and beat it well for half an Hour, then fill it up, and set it on broach: and by this means, within three Days, if you be careful not to let it take vent, you will find it a curious Wine.

Wine Medicinal: Take the best old Mallaga a quart, Rhenish-wine, a pint, Baum, Rue, red Sage, Angelica and Germanander, of each an ounce: infuse them fourteen Days in Wine, add Pepper, Ginger, and Nutmeg, of each three drams: beat them well, and put to them an ounce of Venice-Treacle, and a quarter of a pint of Spirit of Angelica and Saffron: digest again fourteen Days, and then decant the clear Liquor; and drink half a quarter of a pint Morning and Evening, or oftener, if you see occasion: it is excellent good against the Infection of the Plague, Measles, Small-pox, and Spotted-fever; also, to prevent the Infection, by ill Air, assisting the Lungs by Cough, Catarrhs, &c.

Wine to Rack: The best time to do it is when the Wind sits full North, the Weather clear and temperate, in the encrease of the Moon, and when she is under the Earth, and not in the full height.

Wine Roping: To alter this, Take a course Lincloth, and place it before your Bore when you have set it a-broach; then put in your Linnen, and rack it in a dry Cask; then put in five or six ounces of powdered Alom, and shake them well together; and so upon settling, it will be fined down, and become a very clear and pleasant Wine.

Wine to Scent well: Take two ounces of Brimstone,

C c

Stones,

stone, and half an ounce of Casamus: mix them well together in a pint and a half of Borrage-water, melt the Brimstone in a Pan, and add the rest to it, and dip in so many Linen-cloaths as will soak it up, and put them into the Hoghead: then take out your Ashes, and rack your Wine, and so put into it a pint of Rose-water, and rowl it well half an Hour, it being stoppt down close: after which, let it lye still two Days; and by this means, this, or any other Gascoign, or red Wine, will have a very pleasant Scent.

Uine of Squills: Take the Roots of white Mountain-squills seasonably gathered, slice them, and lay them a drying for a Month, and put a pound of them into a glass, and pour on them four quarts of good old White-wine: infuse them for the space of forty Days, and then take out the Squills.

This is likewise a gentle Vomit, but most commonly used with Vinum-Benedictum, or the Blessed Wine; so that an ounce of it may be taken with half an ounce of the other.

Uine of Alcacus to Menstruate: Take a pint of clarified Honey, a pound of Water wherein Raisins have been steeped, half a pint, and a quarter of a pint of Claret, or White-wine, as to what you propose it to: boil them over a gentle Fire till a third part be consumed, scum it conti-

nually in the boiling, and put it pretty hot into the Wine, and let it stand with the Bung out; then put in a Bag of Spices, and it will fine either new or old Wine that are fouled or decayed, and give them a curious Smell, or Taste; if when it has rested five or six Days you add white Mustard-seed bruised, hang it in a Canvas-bag.

Woman in Labour: Take of Cinnamon finely powdered one dram, Amber likewise finely powdered half a dram; Borax in fine Powder a scruple, mingle them in a quarter of a pint of Claret, and let the Party drink it.

This is accounted a most approved Medicine to help a Woman in the time of her Travel, and cause an easie and safe Labour.

A famous and approved thing also, is Liver and Gall of Eels being dried, and reduced to powder: dose from half a dram to a dram, in a Glass of VWhite or Renish-wine, well sweetened with Sugar: it facilitates the Delivery, and at the time of the Pains, brings forth the Birth upon the Spot. Esteem it as a Jewel.

Umb to Cleanse: Take a large old Onion, the whitest that may be, cut it in pieces, and boil it in a pint of Water very soft; strain and press it, and take about a quarter of a pint of the Decoction at a time, putting thereto an ounce of the fresh Oil of Wallnuts, and

and the expected Effects will be completed by it.

Woodcock: If it be fat, it will feel thick and hard in the Vent. and have a fat Vein on the side of the Breast of it under the Wing; but if lean, it will feel thin in the Vent: if new kill'd, limber footed; but if stale dry footed; have a care it hath not a Snotty Nose; or a morish muddy Throat; you may know by squeezing the Throat, or you may know when fresh, by opening their Bill, and smell to it, or plucking a Feather from the Wing, and thrust it down their Throat, and if they are tainted you may know it by the smell of the Feather.

Woodcock to Roast: being drawn, wash and truss them, lay them to the Fire, and baste them with Butter; being almost enough, strow grated Bread on them, and be sure to save the Gravy, into which you must put Toasts that are butter; or you may only mince the Guts, being roasted with the Fowl into the Gravy, and a little Claret, and so serve them up: This is the English Way. This is the French: Being pull'd and drawn, wash and truss them, then lard them with a broad piece of Bacon over the Breast; being roasted, serve them on broild Toasts, dipt in Verjuice, of the Juice of Oranges with the Gravy, and warmed on the Fire.

Worm in the Head: If any Worm, or Earwig, has crept into the Head whilst you sleep, to destroy, or bring it away, Take three or four Cloves of Garlick, stamp them in a Mortar, or any other convenient Utensil: then lay them in clean Water to soak a while, and so wring out the Juice with a clean Cloth, and put a few drops of the Liquor into the Ear; and it will either kill the Worm, or work it out with the Wax. It is also good for Noises, and Dizziness in the Head, and brings away the Matter that many times causes Obstruction in the Hearing, and much lessens it.

Worms to Cure: Let the Party drink their own VWater with a little Methridate mingled therein, for three Days together in the Morning fasting, and walk after it.

Worms in Children: Take of the tops of unsexed Leeks, with the lower part also of them, one handful, as much of the tops of Wormwood, chop them small; then set them on the Fire with a little fresh Butter, and a little VWhite-wine-Vinegar, and boil them till the Herbs be soft, and that it be reasonable thick; then put it between two Linen Cloths, sowed like a Bag, and lay it warm all over the Belly of the Child at Night, and bind it on a Cloth; the next Morning take it off, and

put a warm Cloath instead thereof. Thus do three or four Nights together, and it will cause them to avoid the VVorms. It doth also draw VVind and Infection out of the Body.

Uloymg in Children : Take the green Husks of Walnuts, Rue, and Baum; beat them very fine, put as much Sugar to them as will make them into a Conserve; and to make them the more palatable, let it be taken in two or three spoonfuls of Canary, to the quantity of a large Hazle-nut at a time.

It is good for Inflammations of the Liver and Stomach, and profitable for those that are sick of the Dropsie, the Leaves being made into a Confection with Sugar. It is of a restraining quality, bitter, and sharp, altogether being hot; it is comfortable, and drying; and therefore it purgeth downwards, and driveth into the Urin and Excrement all chole-ric Humours; it principally comforteth and fortifieth the Heart and Stomach, being infused in Wine. The Tops of it, and Roots of Dandelion decocted in Water are power-ful Expellers of the Hu-mours that occasion the Jaun-dice. The Juice of Worm-wood, wherein the Kernels of Peaches are bruised and infu-sed, kill the Worms in any Part of the Body. The Con-serve of it taken fasting pre-

serves from Drunkennes, shar-pens Appetite, and is a sove-reign Remedy, for those that are troubled with Stuffings or Stoppage of the Stomach, if the Juice thereof be drank with White-wine, or Vine-gar: mixed with Milk and Honey, it is good to rub those that are afflicted with the Squinzie. The Fume of the Decoction, the Mouth, or Ears held over it, easeth their Pains; and being infused in Wine of Raisins, it easeth the Pains and Pricking of the Eyes, they being washed with it. Being mixed with Oil of Roses, and a Stomach that has been long weakened, anointed therewith it mightily strengthens it. With Figs, Vinegar, and Darnel-Meal, it is good, ap-plied outwardly and inwardly, against the Dropsie and Spleen. Dried and Powdered, it de-fends Cloaths from Moths and Worms.

For a continued Dropsie, Take two pounds of the Tops of Wormwood, make it into a Conserve with as much Sugar, and let the Party take half an ounce at a time, three or four times a Day.

Uloymwood & Water : Take two gallons of new Ale, but well settled, and very clear, a pound of Aniseeds, and half a pound of Lique-ri-ice; bruise them together ve-ry fine: then take two hand-fuls of the tender Tops of Roman Wormwood, and put them

them with the other Ingredi-ents into the Ale: let them infuse twelve Hours, and then distil them in an Alembick. The Water will be stronger, if instead of Ale you put Low Wines, or Spirits, drawn off decayed Fruit of Grocery-Ware, and Molossus.

Uloymwood = Ulline : To make this, Take small Ro-chel, or Campaign-wine, put into it a few drops of the ex-tracted Oil of Wormwood, or four times the quantity of Tin-cture of Wormwood: mix them well together by brew-ing: then let it fret, and contract a Body twenty-four Hours and it will procure by drinking it a lost Appetite, and much enliven Nature.

Uloymwood = Ulline, Why-scal : Take of Worm-wood well dried and seasona-bly gathered a handful, to a gallon of Wine, and put into that, according to proportion, what quantity you please: let it infuse in a close stoppt Vessel till the Wine is ting'd suffici-ently of the Wormwood.

This Wine is successfully taken to heat and cleanse the Stomach. It is good in the Dropsie, and excellent in the procuring a lost Appetite.

Ullound Bleeding : To stay the bleeding of any Wound, Take the tender Tops of Net-tles, bruise them between your Fingers till they have lost their stinging quality; then stamp them together with a little

little white Sugar, and lay them on the Wound.

But this Powder is much better. Take Hungarian Vitriol two parts, Rhenish, Tartar one part: mix, and calcine to whiteness: to one ounce of this Powder, add Saccharum Satur-ni half an ounce: mix them and keep it in a Gl si close stoppt for use. This being applyed either dry, or mixt with a little Whites of Eggs, upon hard of Flax, or Tow, and the wounded part bound up, presently stops the Bleeding.

Ullounds Green : Take Oil of St. John's-wort two ounces, Venice-Turpentine the like quantity; set them over a gentle Fire, and put to them a little Balsam of Kiel; incorpo-rate them, and keep them as an excellent Balsam for green Wounds of any nature what-soever.

This following Powder, Curer Green Wounds immediately, and generally at once dressing. Take Sal Mirabilis, made into fine Powder by drying, or for want thereof, common Salt, calcin'd, and ground fine in a hot Iron Mortar, nine ounces, fine Aloes, Myrrh, fine Bole, in fine Powder, of each four ounces, Turpentine boiled hard in Water, and made into a Powder two ounces, Saccha-rum Saturni one ounce: mix all together well in a warm Iron Mor-tar, and keep it in a Glass close stoppt for use.

Ullound = Powder : Take Dragons-blood, Aloes, Frankin-cense,

ence, *Saccharum Saturni*, and *Copperas*, of each alike; incorporate them, and being finely powdered with some *Cob-webs*, and *Whites of Eggs*, apply it to the bleeding Wound, and it will easily stay the Flux of Blood, prevent Putrefaction, and contribute much to the cleansing and healing of it.

Cloud-Salve: Take *Oil-olive*, *Sheeps-suet*, of each three ounces, *Virgins-wax* half a pound, *Turpentine* four ounces: melt and mix then add two or three Yalke of Eggs: beat them together, and put to them four ounces of *Red Rose-water*, and two ounces of *Sugar-candy* powdered and dissolved in the *Rose-water*: mix these with as much Flour as will make them into a thickness over a gentle Fire, keeping them stirring till they become a Plaister: apply this to green Wounds, or others, that have not been of too long standing, and it hastens the Cure.

Take *Oil-olive* a pound, *Sheeps-suet* half a pound, *Gum Elemi*, *Turpentine*, *Frankincense*, of each ten ounces, *Resin*, *Bees-Wax*

Balsam Capivi, of each five ounces: mix and melt, and stir them well together: then take them off the Fire, and strew into the Balsam the following Pouders, viz. *Tobacco*, round *Birthwort-root*, *Myrrh*, *Olibanum*, *Aloes*, all in fine powder, of each three ounces, and then keep stirring till it begins to grow thick and cold. This Balsam cleanses any old Sore, or rotten running Ulcer, fills it with Flesh and heals it in a short time; and generally cures any green Wound, at once dressing.

Wrinkles to Smooth: Take *Oil of Ben* four ounces, choice *Sperma Ceti* three ounces, *Saccharum Saturni* two ounces, *Camphire* half an ounce, white *Bees-wax* twelve ounces: mix, melt, and make a soft Emplaster, which may be spread on a Fore-head-cloth, and applyed on the Fore-head, every Night going to Bed; this being often done, it will make the Fore-head smooth and soft, and the Wrinkles to disappear: Some apply it in like manner over the Cheeks and Chin.

Red Swelled: If a Man's Yard be swelled up: dissolve *Aloes* in *White-wine*, and dip a *Linin Cloth* in it; then bind it about the Yard, and often

wash it with the Liquid, and if there be any ventosity, or windiness of the Belly, use a Fomentation of the Decoction of *Aristolochia rotunda*; or if the Testicles be affected with

with the Tumor: Take *Bean-flower Barly-meal*, the *Leaves of Henbane*, of each a like quantity; put to them *Oil of Roses* mix them well together, by braying in a Mortar, and apply them as a Cataplasm often renewing it as the moisture dries up, and wash the Testicles with *Rose and Spear-mint-water*.

One of the best Remedies for this Illness is a Cataplasm of baked Turnips, often to be renewed; or in place thereof this following Mixture: Take *Mithridate* six ounces, *Powder of Bay-berries* three ounces, *Oil-olive* an ounce and half, mix them, spread some of this upon Leather, and apply it, renewing it once or twice a Day, as you see occasion.

If any descending of the Bowels happen upon these or the like Occasion. Take *Acacia*, and some *Cypri Nuts*, dried *Rue*, *Bay-berries*, *Nut-Galls*, and *Gum-Arabick*, of each a quarter of an ounce; bruise them in a Mortar, and sift them into a fine Powder: make them into a Plaister with *Bees-wax* and a little *Hogs Lard*: put up the descending Bowels and apply it to the bottom of the Belly, drinking each Morning *White-wine* wherein *Cypri Nuts* have been decocted.

Parrot: This Herb grows in the Fields, and hath many long Leaves spread on the Ground, and finely jagged and

divided into many small Parts: its Flowers are white, and some of them sometimes enclining to red, and stayed in Knots, among divers green Stalks arising from the Leaves; some call it *Nose-bleed*, others *Milfoil*: it flowereth about the latter end of August, An Ointment may be made of it, which is excellent in curing Wounds, and is proper for such as have Inflammations. It stops the Terms, being drunk in *White-wine*, when decocted therein; as also the *Bloody-Flux*. The Ointment of it is a good Healer of Ulcers and *Fistula's*, especially such as abound with Moisture. The Hair being anointed with it, it stays its falling off; especially washing the Head before with the Concoction of it. Inwardly taken, it strengthens the retentive Faculties of the Stomach; it helps the Running of the Reins, and such as cannot hold their Urin. The Leaves chewed in the Mouth, ease the Pain in the Teeth, and is briefly an Herb of a very drying and binding Quality.

Yellow Colour to make: Take the yellow Chives in *White Lilies*, *Saffron*, and *Tartar*, steep them in *Gum-water*, or *Buckthorn-berries*; when they are dried, heat them in Water till they swell, and then press them out, and these afford a pleasant Colour, which with a little *Gum-Arabick* dissolved in it, you may

likewise write with, and the Letter being burnished on blue Paper, will appear like Gold, especially it a Shell of Gold be mixed and dissolved with them.

Yellow Jaundice: Take Mug-wort and Harts-Tongue, of each a handful, Wormwood the third part of a handful, boil them in new White-wine, or any that is not sharp till the third part of Three pints be consumed, putting in the Wormwood last; then strain out the Liquid part, pressing it very hard and having sweetened it with Sugar, let the Party afflicted drink about a quarter of a pint every Morning for Nine days successively, by renewing the quantity, and it will prove of great Advantage.

Another. Take Ivy, growing round, or twisting an old Oak, when it is flowered, boil the Flowers, Leaves, and tender Bark of the top Branches in White-wine, of a medium, between sowre and sweet; infuse half a dram of Saffron in a pint; and let the Party drink it hot Morning and Evening for a Week or more, if occasion require it.

If the Distemper be far gone, decoct Rhubarb in Beer or Wine, and drink it Morning and Night, keeping your self warm in a Bed, or in a stirring Posture, which is better for an hour or two after; and in so often doing, the Hu-

mours will be dispersed, and Nature thus helped, cast out the Crudities that occasion the Distemper. See *Jaundice Yellow* foregoing.

Pain Berries: These are excellent good for Pains in the Bowels, Obstructions of the Stomach, and in Fluxes of the Belly, if boiled with White-wine and a little Mace, and being strained, the liquid part drunk fasting.

Perting to Remedy: Take the Juice of Quinces, and Honey each one pound and half, put to them a pint and half of Vinegar, and boil them up together; then put in Ginger three ounces, of white Pepper one ounce and boil them again till they may be made into an Electuary; and take a quarter of an ounce

at a time as often as you see occasion: or you may bruise Rue infuse it in White-wine with Cumming-Seeds, and drink it, sweetned with a little Honey.

Perting to Diet: This is chiefly done by a careful Observation of Diet, and a good Course of Living. 1. Use moderate Exercise, to keep up the native heat, and the Humours and Juices from Stagnation. 2. Beware of Drinking to Excess, or using hot and Spirituous Liquors, as strong Drink, Wine, &c. too liberally, or too often, for they destroy the Tone of the Stomach, and bring unaccountable Disorders upon the Body.

3. Eat

3. Eat moderately, and such things as the Stomach does easily digest; twice a day is enough for such as are not Labouring Men. 4. Use perpetual change of Diet, and eat not two days of the same kind of Food, for the Stomach, as well as Nature requires Variety, and thus you may go the rounds with all things Eatable. 5. Let all your Meats be dressed rare, and not too much done; for if their Juices be once out of them, the Stomach is not pleased with them, nor does it easily digest them; and Experience daily testifies, that such as from their Infancy up, have eaten their Meat so dressed, as to have all their Juices in it, look younger at Threescore and

ten, then others who constantly eat them so over done, do at Twenty five Years old, or thirty, and this is the reason that Jews and French Men and Women, who eat all their Food so over dressed, look even whilst young; so Yellow, Dry, Wrinkled, and as it were Withred, that an old English Man or Woman look better than they, and in Age look extreame haggard, beyond all manner of Expression. 6. By eating moderately strong Broths and Jellies, and the red Gravy of roast or boiled Meats. 7. By taking now and then the Powers of Vipers in Wine, or the Viper Ponder, and moderately drinking Viper Wine, only for Strength sake.

T H E E N D.

ERRATA sic Corrigenda.

PAG. 111 b. lin. 27 r. Cap. 59. Sect. 6.
16 a. lin. 17. r. bathe.
160 a. lin. 16. r. Man-kind.
175 a. lin. 35. r. from 4 grains.
189 b. lin. 12. r. Roman Wormwood.
190 a. lin. 20. r. of two or three.
192 a. lin. 11. r. Tartar Emetick.
306 a. lin. 29. r. Staves-acre, and dele Sulphur.
342 a. lin. 17. r. to wax hard.
365 a. lin. 3. r. Rye-Paste.

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